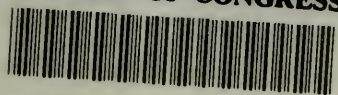


# The New Annie Dennis Cook Book

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THE NEW  
ANNIE DENNIS  
**Cook Book**

A COMPENDIUM OF  
POPULAR HOUSEHOLD RECIPES  
FOR THE BUSY HOUSEWIFE

(Revised Edition)

BY  
ANNIE E. DENNIS

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ATLANTA, GA.  
THE MUTUAL PUBLISHING COMPANY

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# PUBLISHERS' PREFACE

240 12 Oct. 1912

The present edition—the seventh—of *The New Annie Dennis Cook Book* represents the life work of an illustrious woman. Born of pioneer Georgia stock, just before the war between the States, she arrived at the age of maturity at that epochal time in the history of the South when it required every energy of her people to maintain the traditional hospitality of the old South with the attenuated revenues of the new South. She applied herself so well and wisely to this work that she won the loving praise of all who knew her.

In the early eighties, with the encouragement of her father, she was induced to prove her excellence in domestic science, by displays of her handiwork at the State fairs at Macon and the expositions at Atlanta, Augusta and Columbus. So great was her success that the premiums awarded to her for excellence amounted in the aggregate to nearly ten thousand dollars.

So wide was her fame, because of the wonderful work she had done, that her mail became burdened with inquiries for her methods of preparing the various articles in which she seemed so easily to excel.

This voluminous correspondence suggested *The Annie Dennis Cook Book*, which was published nearly thirty years ago. The first edition was a pronounced success and that success has continued with each succeeding year. Generous help was given her in the preparation of the first edition, by a host of distinguished housekeepers who glorified the reconstruction days, and with their help and her own fertile resources, the book has been continually improved.

She was engaged in revising the present volume at the time of her death last summer. A sale of nearly one hundred thousand copies up to that time attested its title to a permanent place among the things that ought to be.

Many mothers have written her that they were indebted to the book for such help in their young married life, that they knew nothing that would be of more service in setting up their newly married daughters as happy housekeepers.



# CANNING

Canning is the easiest and quickest method of preserving fruits and vegetables. With proper facilities and careful management it is the safest and least expensive. The process is simple, if the directions are followed implicitly. When glass jars are used it is necessary to have the tops fit well and to use new rubbers. Rubbers after being used, harden and will not allow the tops to sink into them sufficiently to make them air-tight. Care should be taken in adjusting the rubbers. They must fit securely under the lid.

The best fruit should be used. It must be ripe, but firm. Peel and place in the jars whole, or cut if desired. Fill the jars with cold water and let them stand until ready to place on the fire; then pour off the water, refill to the brim with fresh water, and add one teacupful of sugar to each gallon of fruit. Have the rubbers on the jars and put the tops on loosely. Have a vessel three or four inches deeper than the jars, place a perforated wooden bottom one inch from the bottom of the vessel; put the jars on it and fill the vessel with cold water to the top of the jars. Eight or ten thicknesses of heavy cloth may be used instead of the perforated wooden bottom. Place over the fire and let it boil. The length of time required for this will depend on the fruit or vegetable used. Berries, grapes, peaches, pears, quinces, etc., require only two or three minutes' boiling. When they have boiled sufficiently, if the water does not cover the fruit, open the jar and fill with boiling water. Replace the top. Remove from the fire and tighten the tops. When they have cooled, tighten the tops again; in a few hours they should be examined and if necessary, again tightened. This seems troublesome, but has been found necessary with some jars. Vegetables are canned as directed above, with this difference: No sugar is used and when the jars are placed in the vessel to boil, they must be covered with water.



A teaspoonful of salt to each half gallon jar adds to the flavor of the vegetable.

Tomatoes require three or four minutes to boil. Beans, corn, etc., require a longer time—from one to three hours.

Notice these four things if you wish to succeed in canning: (1) The vessel containing the fruit or vegetable must be filled to the brim; (2) it must be put up boiling hot; (3) must be perfectly air-tight; (4) and it must be kept in a cool, dark place.

If these directions are not followed, the fruit or vegetables will ferment.

Keep canned goods in a dark cellar, or, if this is impracticable, they should be wrapped in a brown paper and put in a cool, dark place. When one uses a dark cellar, however, nothing is necessary save to have the jars air-tight.

When it is desired to cook the fruit before canning, peel, cut, put into a porcelain kettle and just cover with water; add one or two teacupfuls of white sugar to each half gallon of fruit. Let boil a few minutes. Remove from the fire and put in the jars (which have been warming while the fruit was cooking) and seal. Be careful that they are air-tight.

Vegetables may be canned in the same way, but require more cooking.

### To Can Corn

Select young, tender corn, cut twice from the cob, never scraping; add one heaping teaspoonful of salt and one-half of a level teaspoonful of soda to each half gallon. Put the corn in jars; fit rubbers on; and place jars in a vessel deep enough to allow water to come over the tops of the jars, after the wood or cloth has been put in the bottom to protect the jars. After the water has been put in the vessel, place on the fire and boil three hours. Take from the fire, and tighten the tops, and when cool, again tighten them, then wrap in brown paper and keep in a cool dark place.

### **Corn Canned in the Ear**

Remove the shuck and silk very carefully. Select the most perfect ears the same size, and small enough to fit the jars. Place in the jars, cover with cold water, and proceed as directed for canning cut corn.

### **Canned Tomatoes**

Peel ripe tomatoes, put in jars and fill with cold water. Put the covers on and place the jars in a deep vessel with the perforated wooden bottom. Fill the vessel to within one inch of the top of the jars with cold water, place on the fire and let it boil three or four minutes; seal as directed in canning corn.

### **Okra**

Select young and tender pods, do not remove the caps, place in the jars whole, cover with cold water, place in a deep vessel with the perforated wooden bottom; fill the vessel with cold water to the tops of jars and boil half an hour. Remove from the fire, and tighten the tops. When cold again tighten the tops and keep in a cool, dark place.

### **Corn, Okra and Tomatoes**

Chip okra in thin pieces and boil. Peel tomatoes and cook. When both are tender mix them in proportion of two quarts of okra to three of tomatoes, then add two quarts of young, tender corn cut from the cob, and a tablespoonful of salt. Let all boil fifteen minutes, stirring constantly. Then put in jars and seal while hot. It will be best to boil this a few minutes after it is put in the jars and then seal. When cold see that the tops are well tightened and kept in a cool, dark place. This is used for soup.

### **English Peas**

Proceed as directed for butter beans.

### **Squashes and Sweet Potatoes**

Wash carefully, slice, and proceed as directed for canned tomatoes, boiling fifteen minutes.

### Butter Beans

Shell the beans, put them in jars and cover with cold water. Place the jars in a deep vessel prepared as directed at the head of this chapter. Fill the vessel with cold water within half an inch of the tops of the jars, put over the fire and boil an hour. Then remove from the fire, tighten the tops, and when cool again tighten. Wrap with brown paper and keep in a cool, dark place. If the water has boiled out of the jars before removing from the fire, fill with boiling water.

### To Can Snap Beans

Wash young, tender snap beans, string them or place in the jars whole if preferred. Fill the jars with cold water, fit on the rubbers and tops, place them in a deep vessel with a wooden bottom or cloth placed, as directed at the first of this chapter. Then fill the vessel with cold water, to within half an inch of the tops of the jars. Place on the fire, tighten the tops, and when cool again tighten. Place in a cool dark place.

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## PRESERVES

To make preserving a success one should have much time and patience, good fruit of proper ripeness, white sugar and kettles and pans suitable for the work. The fruit should be selected with great care, as any defect will be apt to show in the preserves, and fruit that is not mature will not have that rich flavor that is found in good home made preserves, and that is so much to be desired. Peaches, pears, quinces and apples should be kept in clear water, after they are peeled, when they are to be used for jelly or preserves, as they darken when exposed to the air. They should not be allowed to stand in the water longer than is really necessary, as the preserves will darken, just as they will if exposed to the air.

To most fruits one pound of sugar to each pound of fruit is the rule, and is preferable, as it makes more



syrup, does away with reboiling, and the fruit is less apt to ferment and mould. But where preserves are to be kept in self-sealing jars, less sugar may be used if the jars are well sealed, and kept in a cool, dark place. White sugar is always best for preserving and making jelly—either the granulated or loaf sugar—as the brown sugar will affect the flavor.

When too much sugar is used, or the syrup boiled too long, crystals of sugar form in the syrup and thin it, and then it is apt to ferment. In this case, if in glass jars, place the jar in water and heat until the preserves can be taken out; add the juice of a lemon and a half teacup of water to each gallon of preserves, boil a few minutes and again seal. The juice of preserves may be clarified with the white of an egg, as in jelly. Mix the white of an egg with the sugar before pouring in the water; let it boil up, and remove from the fire; pour in just a little cold water, repeat this two or three times, skim or strain through a flannel bag, and then add the fruit. Plums are preserved by piercing them with a darning needle, and pouring boiling syrup (made as for other preserves) over them seven or nine days in succession. Pineapples may also be preserved in this way; when you wish them very white, pour the syrup over them three days, then boil them for five minutes and seal.

Quinces and pears harden when cooked in sugar; therefore I prefer boiling them in water until tender and packing in sugar for twelve or even twenty-four hours. Then it is not necessary to cook them so long, as they are well filled with the sugar, and the water is out of them and is easier evaporated from the syrup than from the fruit. When, however, one prefers to make preserves after parboiling, without packing in the sugar, the syrup should be made in proportion of half pint of water to one pound of sugar; and for pears or quinces, or other fruit, to retain the flavor, use the water that the fruit is boiled in.

Some fruits have to be cooked first in a very thin syrup to keep them from breaking or getting too soft; viz.: apples, plums, strawberries, etc. Peaches are best for preserving when not very ripe, and they should be peeled, packed in sugar and allowed to stand twelve hours and then, if a very firm peach is not used, the syrup should be poured off and boiled a few minutes before the peaches are placed in it. Some prefer to harden the tender fruits by taking them from the syrup after they have boiled until clear, and letting them stand in the sun several hours. This is the old fashioned way of preserving and is a good one, as too much cooking will destroy the flavor of some fruits and make them dark. Large quantities of preserves can be made at one time if a large shallow vessel is used.

A square poplar box, with copper bottom is the best preserving kettle for making large quantities of jelly, catsup, or pickles. It may be made any size desired.

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## JELLY

Fruit for jelly should never be fully ripe; some fruits must be almost green. There are some exceptions to this rule, but very few. It is important in jelly making that the fruit be used in the proper stage of ripeness, as no amount of cooking will make jelly of over-ripe fruit, and, if too green, the flavor of the fruit is lost. It is also necessary in making clear, firm jelly that good, sound fruit be used. A porcelain kettle is always best, but a brass kettle, if kept bright, or a new tin pan, will do. The granite ware, now so common and cheap, is entirely unobjectionable for preserving purposes.

When the fruit is being cut, it should be kept in clear water, placed in the kettle, and covered with fresh water, as the fruit is apt to have colored the first. Keep the kettle covered, and steam the fruit until perfectly tender, as you wish to get the juice from the fruit without breaking or mashing it more than is

necessary. When ready to strain, pour in a jelly bag (flannel is best for this purpose); hang it up and let it drip; don't squeeze. It is best to boil the juice a few minutes before adding the sugar. Speed is very necessary in this work, if the natural flavor of the fruit is retained and the jelly is bright and clear. Use a large, flat vessel and have a quick fire, that the water may evaporate as quickly as possible. With most fruits one measure of sugar to one of fruit is the rule; but with quinces, ripe grapes, and a few others, less may be used.

A wooden or silver spoon should always be used with jelly. The jelly should make in twenty or thirty minutes from the time the sugar is added, and it should be skimmed all the time it is boiling. The best way to tell when it is done, is by dropping a little from the spoon into a cup of cold water; if it goes to the bottom and forms, it is ready to be taken from the fire. Another way is to let a small quantity cool on a perfectly dry surface. After pouring in the glasses, let them stand in the sun several hours. Then place papers, dipped in brandy, on the jelly and cover. Never cover with tins until the jelly is perfectly cold, as the moisture from the warm jelly will cause the tops to rust. It should be kept in a dry place.

To clarify jelly, beat the white of an egg and put in the juice when the sugar is added; when it boils up as if it would boil over, take it from the fire and pour in a teaspoonful of cold water. After the ebullition ceases, put it on the fire again. Repeat this, then strain through a jelly bag, return to the fire, and let boil until it jellies.

### **To Keep Jelly**

When the jelly is cold in the tumblers, put over them the paper dipped in whiskey; then using a candle, melt over them spermaceti a sixteenth of an inch thick, being sure to have it come up well at the sides. Put on the tops and set away in a cool, dry closet.



## **BLACKBERRIES AND DEWBERRIES**

Being the first berries of the season these berries are much appreciated. They are good for jams, preserves, pickles, jelly, wine, cordial and sauces. When canned they are almost, or quite, as good as the fresh fruit.

These berries should be used as soon as gathered—never allowed to stand more than a few hours, as they sour very quickly. This is true of all berries, and it is important, if one wishes to succeed with canning, preserving, etc., that the fruit be fresh and firm.

### **Cordial**

Wash the berries and place in a tin vessel, with a teaspoonful each of cloves, allspice and mace to each gallon of berries. Cover with brandy or whiskey, and let stand four or five days. Strain and add three pounds of sugar to each gallon of juice. Let it heat until the sugar is dissolved. Bottle and cork while hot, and keep in a cool, dark place.

### **Blackberry Cordial**

Boil the berries until they will break to pieces, strain through a bag. To each pint of juice add one pound of white sugar, half ounce of cinnamon, half ounce of mace, two teaspoonfuls of cloves. Do not use ground spices. Boil for fifteen minutes. When cold, strain, and to each quart of juice add one tumblerful of whiskey. Bottle and seal.

### **Blackberry Shrub**

Gather the blackberries, wash and pick over, so that there may be no sour or imperfect ones. Cover with apple vinegar (two years old) and cook until soft, strain, and sweeten the juice to taste; boil down until about the consistency of thick syrup; bottle and put in a cool, dark place. In serving use three or four tablespoonfuls to a glass of cold water.

### To Can Berries

Select the berries ripe and firm. Put them in jars, fill with cold water, have the rubbers on the jars and place the tops on loosely. Place the jars in a can, or any deep vessel, in which has been placed a heavy, folded cloth, or a perforated wooden bottom. Fill the can to within an inch of the top of the jars, put on the fire and let the water in the can boil three minutes. Tighten the tops, remove from the fire and let cool. When cool, again tighten the tops. A teacupful of sugar to each half gallon may be added to the berries when they are first put in the jars, if desired. Care should be taken to have them well sealed before packing away, and they have to be kept in a cool place.

Strawberries, dewberries, and raspberries may be canned in the same way.

### Wine

Cover the berries with boiling water and let them stand twelve hours. Strain and add two pounds of sugar to each gallon of juice. Put in bags, taking care to keep the vessels full to the brim, so that as the juice ferments, the scum which rises may flow off. They should be refilled every morning, with juice from a smaller vessel kept for this purpose. Continue this for four or five days, then stop the jugs closely, and after ten days cork tight. This will be ready to bottle and seal in four months. Instead of using hot water, as directed, one may squeeze the juice from the berries, and proceed at once, using one pound best sugar to the gallon of juice.

### Dry Wine

Wash and squeeze the juice from fresh, ripe berries. Pour the juice into jugs; keep full to the brim for four or five days that the scum may flow off, replenishing each day with juice kept for the purpose. This will be ready to bottle and seal in six months.

## STRAWBERRIES

### Preserves

Strawberries to be preserved should not be very ripe, and should be used as soon as picked. Gather them in the morning. Do not heap them in a deep vessel, but place them on shallow baskets or dishes until capped. Be careful not to have any bruised or imperfect berries among them. Medium sized berries, but uniform in size, are to be preferred.

Allow one pound of white sugar to one pound of berries. Pack berries in sugar and let them stand until a syrup is formed. Then place on a quick fire and boil for half an hour, or until the berries are transparent. Take out the berries and place in jars; boil the syrup ten or fifteen minutes, pour over the berries and seal. If the berries come to the top, stand the jars on their heads until cold.

### Strawberry Jam

Let the berries for the jam be thoroughly ripe, but fresh and firm. Measure the fruit and add one pound of white sugar to each pint of berries. Mash the berries, thoroughly mixing well with sugar; let them stand for half an hour. Place on the fire and boil, stirring constantly until it is clear and thick. Place in jars with paper dipped in brandy fitted closely on the jam, then seal.

### Strawberry Jelly

Gather the berries for jelly just as they are beginning to turn red. Boil them until they are tender, in just enough water to cover. Strain and again boil the juice ten or fifteen minutes; then measure the juice and add one cup of white sugar to each cup of juice. Then boil twenty minutes, always skimming carefully.

### Another Way for Strawberry Jam

Select berries ripe and firm. Place in a kettle, with one pint of water to one gallon of berries. Boil until

the berries are tender, then add three-quarters of a pound of sugar to each pint of berries and boil twenty or thirty minutes. This will be firm like jelly.

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## **RASPBERRIES**

There are several varieties of the berries, all good for jellies, jams, etc. If very light jelly is desired, the pink or white varieties should be used, and the berries gathered just before they are ripe. For jam very ripe berries should be used. For preserves gather the berries as for jelly. Ripe fruit is desirable, also for wines and cordials. The berries should always be used fresh.

### **Raspberry Shrub**

Pour a quart of good cider vinegar over two quarts of raspberries, and, after covering closely, set aside for forty-eight hours. Strain through a muslin bag, and to every pint of liquor add one pound of sugar. Boil slowly for five minutes, remove the scum, let cool for fifteen minutes and bottle. A tablespoonful of this added to a glass of ice water, makes a most refreshing drink. Blackberry and strawberry vinegars are made in the same manner.

### **Raspberry Jelly**

Take half gallon of berries and boil them with one pint of water until thoroughly done; strain, and to one pint of juice add one pound of sugar. Boil until it jellies and pour in molds.

### **Raspberry Jam**

Mash the berries thoroughly. To half gallon of fruit add one pint of water and boil ten minutes; then add three pounds of sugar. Boil thirty minutes, stirring constantly. If desired, the berries, after ten minutes, may be rubbed through a sieve just fine enough to keep the seed from going through. Then add sugar and boil as before.



### **Raspberry Preserves**

Gather the berries almost ripe. Put half a gallon in a porcelain kettle with one pint of water. Boil ten minutes, or until the berries are tender. Drain off two-thirds of the juice, and add one pound of sugar to one of berries, and boil until the syrup is thick. Put in jars and seal while hot.

### **Raspberry Wine**

Pour boiling water over the berries, and let them stand twelve hours; strain. Use two and a half pounds of sugar to one gallon of juice. Let stand for ten days. Strain, put in jugs and cork. Keep in a cool place for six months, then draw off and bottle.

### **Brandied Raspberries**

Cover the berries with brandy or whiskey. Let stand for four days, strain and sweeten with three pound of sugar to one gallon of juice. Bottle and seal at once.

### **Raspberry Pickle**

Wash half gallon fresh, almost ripe berries. Place them in a self-sealing jar with half teaspoonful each of cloves and allspice and one stick of cinnamon. Boil one and a half pints of good apple vinegar, with half teacupful of sugar and pour over berries. Seal while hot.

### **Raspberry Vinegar**

Put two gallons of ripe raspberries in a stone jar, pour over them a gallon of cider vinegar. Let stand twenty-four hours, drain, pour the liquid over a gallon of fresh berries, and let stand over night; strain and allow one measure of sugar to every measure of juice. Boil and skim. When cold bottle.



## CURRANTS

### Spiced Currants

To four pounds of currants, picked from the stems, take two pounds of sugar, one-half pint of vinegar, one teaspoonful each of all kinds of spices, a small piece of race ginger. Place the spices in a cheese-cloth bag. Put the vinegar and sugar on the fire; when it comes to a boil skim it and pour over the currants and cook gently for ten minutes. Put into a stone jar, and next day heat the syrup and pour boiling hot on the fruit. Repeat this for several consecutive days. The last day boil the syrup until it just covers the fruit.

### Red Currant Jelly

Take perfectly ripe red currants. Wash them and put into a preserving kettle, with one pint of water, and set over the fire until they are well scalded. Pass the juice through a jelly bag, and to every pint of it add one pound of white sugar. Boil for twenty minutes and try a spoonful by dropping it in a glass of water. As soon as it jellies pour it into the glasses, and when it gets perfectly cold, seal.

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## HUCKLEBERRIES

The huckleberry may be put up in any way that dewberries are, but they require less sugar than other berries.

### Jam

Wash the berries, put in a kettle with a little water, and boil until tender. Add half pound of sugar to each pound of fruit, and boil thirty minutes or until quite thick.

### Cordial

Cover the berries with boiling water and whiskey in equal quantities; add a few spices and let stand five days. Strain, and sweeten with two and a half pounds of sugar to each gallon of juice. Bottle and keep in a cool, dark place.

### **Jelly**

Boil the berries (in very little water) until very tender; strain, and boil the juice five minutes, then measure; and add one pound of sugar to one and a half pints of juice; return to the fire and boil twenty minutes. Jelly should always boil fast.

### **Pickle**

The huckleberry may be pickled just as the dew-berries are.

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## **PLUMS**

### **Plum Cordial**

Take half ripe plums, boil them three minutes, pour off the water, and add one pound of sugar to one of fruit; boil for thirty minutes, or until the syrup is thick.

### **To Preserve Greengage Plums**

Select large, barely ripe greengage plums. With a sharp knife pare them carefully, taking off nothing but the skin. Drop them in cold water as they are pared. Weigh them and allow pound for pound of white sugar. Put the sugar in a preserving kettle with a little water, and let it cook to a syrup. While it is simmering, drop in the plums and let them cook until they are clear and tender. Remove them to the jars in which they are to be kept, and boil the syrup down until it is as thick as you want it. Pour it over the plums and seal.

### **Preserved Plums**

Pour boiling water over the egg or other large plum; then remove the skin. Make a syrup of a pound of sugar and a teacup of water to each pound of fruit, and when boiling hot pour over the plums. Let it remain over night, then drain, boil again, skim and pour over plums. Let them remain in this another day. Then put over the fire in syrup, and boil until clear; remove with skimmer, pack carefully in cans; boil the syrup until thick, pour over plums and seal.

### **Spiced Plums**

Boil half gallon plums five minutes; pour off the water and add three pounds of sugar, one teaspoonful of ground cloves, allspice and cinnamon, and one pint of vinegar. Boil half hour, stirring constantly. Seal while hot.

### **Green Plum Pickle—Imitation Olives**

One tablespoonful of white mustard seed and one tablespoonful of salt, to one pint of vinegar. Have the plums grown, but not at all ripe. Boil the vinegar and pour it over the plums. Repeat this three mornings in succession.

### **Sour Plum Pickle**

Take half gallon of green plums, pierce them two or three times with a needle, put in jars. Boil one quart of vinegar with two cups of sugar, one teaspoonful of cloves and one stick of cinnamon. Pour over the plums and seal while hot.

### **Salt Plum Pickle**

Take half gallon of large green plums, wash and put in self-sealing jar. Make a pickle of one quart of water, one teaspoonful of vinegar, one of salt; boil a few minutes, pour over the plums and seal while hot. Keep until cool weather and they will be ready for use.

### **Plum Sauce, No. 1**

Take half gallon of almost green plums, wash and cover with water and boil fifteen minutes; pour off the water, add to the plums two pounds of sugar and one teacupful of good apple vinegar. Boil for half an hour. Take from the fire and flavor with one teaspoonful each of extract of cloves and ginger.

### **Plum Sauce, No. 2**

Boil three quarts of half ripe plums fifteen minutes, rub through a colander, add one pound of sugar, one teacupful of apple vinegar, half teaspoonful each of ground cloves, mace and cinnamon; again place on the fire and boil for half an hour. Seal while hot and keep in a cool, dark place.

### **Preserved Greengages**

Allow one pound of sugar and a teacup of water to each pound of fruit, halved and stoned. Boil the syrup ten minutes before putting the plums in; skim and boil all together till tender. Take from fire and let stand over night. The next day boil again, adding a few of the blanched kernels taken from the stones. Pack the fruit in jars, pour over the syrup and seal.

### **Plum Jelly**

Take half gallon of half ripe plums, put in porcelain kettle, cover with water and boil ten minutes; pour off the juice and strain it through flannel; add one pound of white sugar to each pint of juice and boil until it will harden when cold. It will take from twenty to thirty minutes.

### **Plum Sweet Pickle**

Scald until the skins are tender, half gallon of almost green plums; drain them well, and place in jars. Have ready a syrup made of two pounds of sugar, one pint of apple vinegar, teaspoonful each of whole cloves and mace, pour over plums while hot and seal.

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## **CHERRIES**

For preserving, pickling, or putting up in any way this fruit should be gathered when ripe, and used while perfectly fresh.

### **Canned Cherries**

Wash the fruit and put it in jars; add one teacupful of sugar to each gallon of fruit; fill with water, put the tops on loosely and place the jars in a vessel of cold water, with a heavy cloth folded at the bottom; or what is better, use a perforated false wooden bottom of the vessel. Put on the fire and boil five minutes; remove from the fire, tighten the tops, and keep in a cool, dark place.



**Jelly**

Wash three quarts of cherries, and place in a vessel with two teacupfuls of water; boil until very tender. Pour off the juice, measure and add one measure of sugar to each measure of juice. Boil until jellied. Put in molds and cover when cold with writing paper dipped in brandy.

**Preserves**

Stone three quarts of cherries; put in a vessel with one teacupful of water. Add half the weight of the fruit in sugar, and boil until the cherries are tender. Then add the same amount of sugar; boil half an hour, put in jars and cover or seal while hot.

**Sweet Pickle**

Wash half gallon of cherries; put in self-sealing jars, with half teaspoonful each of cloves and mace. Boil one and a half pints of good apple vinegar, and one teacupful of sugar; pour over the cherries and seal while hot.

**Brandy Cherries, No. 1**

Select large ripe cherries; put in a jar a layer of sugar and a layer of cherries until full; let the last layer be sugar. Seal and keep in a cool place. They will be ready for use in three months.

**Brandy Cherries, No. 2**

Fill the jar with cherries; make a syrup of half pound of sugar to each pound of fruit. Scald the fruit in this syrup, but do not boil. Remove the fruit, boil the syrup until it is reduced to two-thirds the quantity; add one-third as much brandy, pour over the cherries, and seal while hot.

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**APPLES**
**Apple Preserves**

Make a syrup of white sugar and water enough to dissolve the sugar. Let boil two or three minutes in a flat pan. Select large firm apples and peel and slice

thin, leaving in the core; drop in enough pieces to cover the top of the syrup; boil them slowly until they are transparent, take them out on a flat dish and set them in the sun; put more apples in the syrup and continue as before until the syrup is all used up. Then make fresh syrup enough to cover the apples, put all the apples in this syrup after it has boiled a few minutes, and boil them ten or fifteen minutes; then place in jars and pour the syrup over them and seal. It will take one pound of sugar to one of fruit, using half to boil the apples in and half for making the last syrup.

### **Apple Jelly**

It is a mistaken idea that any kind of apples will make jelly. Select sound, almost ripe apples, peel, slice and put in a porcelain kettle, keep well covered with water until the kettle is nearly full of apples, drain off the water and cover the apples with clear water; cover the kettle closely, place on the stove and boil until very tender. Drain off the juice and add one cup of sugar to one of juice. Boil until jellied, which will be in twenty or thirty minutes.

### **Apple Butter**

Peel and cut the apples, leaving out the cores. Put in the kettle with a small quantity of water, boil until they will mash easily, rub them through a colander, and add half pound of sugar to each pound of fruit. Boil until clear and thick, take from the fire and flavor with extracts of ginger, cloves or cinnamon. Ground spices can be used but will make it dark.

### **Apple Sweet Pickle**

Peel and quarter the apples, taking out cores. Boil for half gallon of apples, nearly one quart of vinegar, one and a half cups of sugar, teaspoonful of whole cloves and one stick of cinnamon. After it has been boiled a few minutes, place the apples in it until they are scalded well, put them in a jar, pour the vinegar over them and seal while hot.

### **To Preserve Ripe Apples**

Peel and cut in any desired size, rejecting the core. Place in an earthen or granite vessel, and cover with granulated sugar, using three-quarters of a pound of sugar to one of fruit. Let stand until the sugar is dissolved, then place over the fire and cook fast until the apples are clear (being careful not to let them scorch); this will be twenty-five or thirty minutes if there is not a very large quantity of apples. This recipe is best for winter apples, and one dozen large apples prepared in this way will make half gallon of preserves.

Prepared in the same way, using half a pound of sugar to one pound of apples, they are nice for supper, served with cream. Ripe pears may be used in the same way.

### **Apple Vinegar**

Mash well two or three bushels of apples; put them in a barrel and fill with water, using one quart of cane syrup to two and a half gallons of water; cover with a coarse cloth and keep in a warm place. In the kitchen, back of the stove, is a good place, if convenient to have it there. Vinegar can be made in this way in a jar, using the peelings and cores of the apples as they are used for jelly and preserves. It will make in a few months, but is not good for keeping pickle until eighteen months old and it is better at two years.

### **Cider Vinegar**

To each gallon of cider, add two quarts of water and half quart cane syrup. Keep in a warm place, covered with cloth, that it may have plenty of air.

### **To Keep Apple Cider Sweet**

Keep the cider for twelve hours. Put in brass or porcelain kettle and add one teacupful of sugar to each gallon of cider; boil five minutes, skimming all the time. Put in jugs and seal while hot. This will keep in a cool place, and is very much better than the fresh cider.



### **Spiced Apples**

Eight pounds of apples, pared and cored, six pounds of sugar, one gallon of vinegar; if the latter is very strong use seven pounds of sugar. Add cinnamon, cloves and spices to taste. Boil the vinegar and spices together, and put in the apples while boiling; let them remain until tender, or about twenty minutes. Place the apples in jars and pour over them the boiling vinegar. Having made a syrup of the sugar meanwhile, fifteen or twenty minutes after pouring in the vinegar, pour in the syrup over them, boiling hot; then close immediately. Must have hard, firm apples.

### **Chutney**

Pare and quarter one dozen large, sour apples, and chop fine, together with two green peppers, from which the seed have been removed, one teacupful of stoned raisins, and two medium sized onions. Put the mixture into a porcelain kettle, with one quart of apple vinegar; simmer two hours. Add two teacupfuls of sugar, and two teaspoonfuls each of salt, mustard seed, and ground ginger; cork while hot, and keep in a cool dark place.

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## **CRAB APPLES**

### **Preserves**

Peel the apples and drop them in water; when all are ready, place them in a porcelain kettle and let them just come to a boil; remove from the fire, pour them with the water into an earthen bowl and let them stand twenty-four hours. Then take them out of the water and with the small blade of a pocket knife remove the cores. Drain them and then pack in sugar, using one pound of sugar to each pound of fruit; let them stand twelve hours, pour off the syrup and boil it twenty minutes; then put the apples in and let them boil until clear, when they will be ready to seal.



**Crab Apple Jelly**

Remove the stems, wash the apples and rub them well with a coarse cloth. Put them in a porcelain kettle, cover with water and let them boil until very tender; strain out the juice, return it to the fire and boil 10 or 15 minutes; then add one pound of sugar to each pint of juice and boil until it jellies; it will take only a few minutes.

**Crab Apple Pickle**

Peel and core the apples; put them in a jar and pour over them hot vinegar, sweetened and spiced, as for peach pickle. Let it remain twenty-four hours, drain off the vinegar, heat, pour over the apples and seal.

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**APRICOTS**

There is no fruit finer in flavor and none better suited for cooking than the apricot. It should be gathered when almost ripe; never allowed to soften.

**Apricot Preserves**

Peel the apricot and take out the seed. Weigh the fruit and take an equal quantity of sugar; pack in an earthen vessel, using a layer of fruit and a layer of sugar until all is used; then let stand twenty-four hours, place on a fire in a porcelain or brass kettle, and boil until the apricots are transparent; take them out, put in jars, and if the syrup is not thick, continue to boil for a few minutes; then pour over the fruit and cover while hot. Keep in a cool place.

**Brandied Apricots**

Take almost ripe apricots; make a syrup of half their weight in sugar and water enough to cover them. When it is boiling put the apricots in, and let them remain four or five minutes. Take out the fruit and place in jars; boil the syrup until it is reduced to half; then add to it sufficient brandy to cover the apricots; let cool; pour over them and seal.

### **Apricot Jelly**

Peel almost ripe apricots; place in porcelain kettle and nearly cover with water; boil until perfectly done. Strain, and add one measure of sugar to each pint of juice. Boil thirty minutes, or until it jellies.

### **Apricots Crystallized**

Take half ripe apricots; dip them a few at a time with a wire dipper, into strong, hot soda water; let them stay one minute, rub them off with a coarse towel and drop them into cold water. Make a syrup of half a pound of sugar to one pound of fruit; let it boil ten minutes. Cut the apricots in halves, remove the seed and put them in the syrup, not many at a time, or they will become soft. Let them boil fifteen minutes, take out of the syrup, place on flat dishes and put them in the sun. Cook more fruit in the syrup; continue until all have been boiled. Then begin with the first dish and reboil all the fruit until it is transparent, taking care to keep it firm. After reboiling let the apricots remain in the sun all day; then the next morning make a fresh syrup, very thick, and boil the fruit a few minutes; take out and put on dishes; keep in the sun until dry. When dry, pack in boxes, with oiled paper between the layers.

Peaches may be crystallized in the same way using the freestone peaches.

### **To Preserve Dried Apricots**

Follow the directions for preserving dried peaches, using two pounds of sugar, instead of one and a half.

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## **PEACHES**

### **Preserves**

Select large clingstone peaches, white or yellow, almost ripe, but perfectly firm. Peel and cut into halves, pack in earthen jars, in layers with sugar, using one pound of sugar to each pound of fruit. Put

first, a layer of peaches, then of sugar until all is used; cover and let stand from twelve to twenty-four hours. Pour off the syrup, and boil five minutes, then put in the peaches and boil until transparent. Take them out of the syrup, pack in jars and if the syrup is thin boil until there is just enough to cover the fruit.

When ripe peaches are used the syrup should be made and well boiled before the peaches are put in, and the peaches should be preserved as soon as peeled.

### **Peach Jam**

Pare, stone, and cut into thin slices half a peck of freestone peaches, and to each pound of fruit add three-quarters of a pound of sugar. Put them into a preserving kettle and let them cook until clear, which will probably require an hour. Then crack one-third of the peach-stones, remove the kernels, blanch them in boiling water, cut them into thin slices, and add to the peaches. This should be done as soon as fruit is set on the fire, so that the kernels can cook with it. When done, put into glass jars. For use in small families the pint size is better than the quarts.

### **Peach Leather**

Peel and remove the seed from very ripe, clearseed peaches; add half pound of sugar to each pound of fruit; let stand a few minutes, to form a syrup, then boil until clear, stirring constantly. Spread half an inch thick on cloths and put in the hot sun to dry; cut into strips six inches wide, dust with pulverized sugar and roll up tight. Keep in a glass jar.

### **Peach Marmalade**

Peel and boil in a little water, one peck of peaches. Let them boil all to pieces, then rub through a colander and add three-quarters of a pound of sugar to one pint of fruit. Boil until it is clear and a light red; stir constantly. When done put up in jars, covering with paper dipped in brandy or alcohol, just as one does jelly. Seal while hot and keep in a cool, dark place.



### **To Conserve Peaches**

The best peaches for drying thus are soft peaches, perfectly ripe. Peel them carefully, cut in rather thin slices, and weigh them. To every pound of fruit, allow half pound of white sugar. Boil the sugar to a syrup, and when it is nearly done put in the peaches, part at a time, and simmer them for ten minutes.

Remove from the syrup in flat dishes and set them in the sun, covered with gauze or muslin on frames. Boil the syrup down thick, and every day pour over the peaches some of the syrup until it has all been absorbed and they are thoroughly dry. Then pack them away in jars, sprinkling sugar between each layer.

### **Peach Jelly**

Peel half bushel of half ripe peaches (clearseed peaches are to be preferred). Put them in a porcelain kettle, cover with water, and let boil until thoroughly done. Then strain through a bag, measure the juice, add one pound of sugar to each pint and boil twenty or thirty minutes, or until jellied.

### **Peach Pickle**

Always use good apple vinegar, not less than two years old.

Select fruit that is almost ripe. A medium sized clingstone peach makes the best pickles.

To make sour pickles, spice the vinegar and pour over the peaches cold.

Always seal the jars with three layers of brown paper, put on with flour paste, when it is not convenient to use jars that are self-sealing.

### **Sour Peach Pickle**

Peel the peaches and sprinkle lightly with salt. Let them remain one hour, then rinse quickly in clear water. Place in jars and pour over them good apple vinegar, with half teacup each of cloves and allspice to each gallon of pickle.

### Pickled Peaches

Choose sound peaches of medium size; brush them all over with a soft brush. Boil together six quarts of water and a pint of coarse salt, and skim it until it is clear; then cool it; the quantity may be increased or diminished to suit the quantity of peaches; but this proportion of salt and water must be observed. When the brine is cold, put the peaches into it and let stand for forty-eight hours. Then rinse them in cold water, dry them on a soft towel, and stick half a dozen cloves in each one. Boil and skim, till clear, as much vinegar as will cover the peaches, the quantity may be gauged by measuring the brine, allowing for each quart of vinegar, four blades of mace and quarter of an ounce of stick cinnamon. When the vinegar has boiled about fifteen minutes, put in the peaches and remove the preserving kettle containing them to the back of the fire, where its contents will not boil; let the peaches stand in the vinegar for five minutes, then place in jars, pour the vinegar over them and seal at once.

#### Sweet Pickle Peaches, No. 1

To make half gallon of peach pickle, take three teacupfuls of apple vinegar, the same of sugar, half teaspoonful each of cloves, allspice and mace. Boil the vinegar and let get thoroughly hot, enough peaches (pared) to fill the jar. When this is done, place in jars and seal.

#### Sweet Pickle Peaches, No. 2

Peel half bushel of clingstone peaches, almost ripe; one gallon of good apple vinegar, eight pounds of sugar, half teacupful of cloves, and three sticks cinnamon. Boil the vinegar and spices together five minutes; put in the peaches, let them get hot through, remove from fire and place in self-sealing jars, if convenient; if not, seal the jars with brown paper (three layers), and thick flour paste in which has been put several drops of carbolic acid. The latter drives away insects.

**Sweet Pickle Peaches, No. 3**

Peel the peaches; stick in each, at intervals, half a dozen cloves; place in jars and pour over them boiling vinegar, sweetened with one pound of sugar to each quart of vinegar. Seal when hot.

**Peach Mangoes**

Prepare a brine by boiling together six quarts of water and a pint of coarse salt, and skim it until it is clear; then cool it. The quantity may be increased to suit the number of peaches, but the proportion of salt and water must be observed. Choose fresh, sound peaches, brush them with soft brush, and lay them in the cold brine for three days. Then remove them from the brine; cut a piece out of the top of each one and take out the stone without enlarging the top. For filling for two dozen large peaches, mix together two pounds of brown sugar, one onion, and a clove of garlic chopped fine, four ounces of grated horseradish and white mustard seed, one ounce of powdered cinnamon, and half an ounce each of ground cloves and mace. Use sufficient salad oil to moisten these ingredients. Fill the peaches with them; close the cut with a piece of peach, and either sew or tie it in place. Put the stuffed peaches into glass jars, cover them with cold vinegar, pour two tablespoonfuls of salad oil in each jar and seal them air-tight.

**Sweet Pickle Peaches**

Peel ripe peaches and cover them with white sugar, using half a pound of sugar to each pound of peaches. Let them stand twelve hours; pour off the juice, adding one pint of good vinegar to three pints of juice. Add to this three sticks of cinnamon, a tablespoonful each of cloves and allspice, and a few blades of mace. Boil this down until there is just enough to cover the peaches, and before taking from the fire, put the peaches in and let them boil until tender—not soft. Put in jars and cover well.

Ripe pears may be pickled in the same way.



### To Preserve Dried Peaches

Get the large yellow peaches that have been cut in half and dried with the peeling on; wash them carefully. Take two pounds of the peaches and soak in half gallon of clear cold water twenty-four hours, when the peeling will slip off with little trouble. After peeling them in this way, take two teacupfuls of the water in which they were soaked, and one and a half pounds of sugar, place in a granite pan and cook until the peaches are clear and the syrup as thick as desired.

#### Brandy Peaches, No. 1

One peck of peaches, five pounds of sugar, one quart of brandy. Put the peaches into boiling water, let them remain three or four minutes; then take out and plunge into cold water; rub them smooth with a coarse cloth. Make a syrup of the sugar, using one pint of water to two pounds of sugar; let come to a boil, put in the peaches and let them heat through, take them out, add the brandy to the syrup and boil twenty minutes. Pour the hot syrup over the peaches and seal. Ready for use in two months.

#### Brandy Peaches, No. 2

Take large white English peaches, ripe and firm. Make a strong soda water and let it boil. While boiling put the peaches in, three or four at a time and let them stay until the skin will come off when rubbed with a coarse towel. When the skin has been removed in this way put the peaches in cold water. Make a syrup by dissolving in water three-quarters of a pound for each pound of fruit; when boiling, put the peaches in and let them get thoroughly hot. Take them out and continue to boil the syrup until it is quite thick, then pour it off and keep well covered. Put the peaches in jars, cover with peach brandy and let them stand twelve hours. Pour off the brandy, mix with the syrup, pour over the peaches, and seal.

### **Sweet Pickle, Peach or Pear**

The fruit should be peeled and laid over night in the vinegar, in which is mixed the sugar and spice, in proportion of three pounds of sugar and half teacupful of spices to one quart of vinegar. Put in a kettle and let come to a boil, skimming out the spice before putting on the stove. Then for two mornings pour off the vinegar, boil and pour over the fruit again. Put in jars and seal.

### **Sugared Peaches**

Peel ripe clingstone peaches, place in jar, using sugar between each layer until the jar is full; then seal and keep in a cool place. These will be ready for use when the sugar is thoroughly dissolved.

### **Peach Syrup**

Boil peaches, after peeling them, in water enough to cover; when they are tender strain off the juice and add one pint of sugar to two pints of juice. Let it boil from ten to fifteen minutes, skimming carefully while it boils. Then bottle and seal while hot.

Quinces, pears, plums, and any of the berries may be made into the syrup in the same way.

### **To Can Peaches**

Select ripe, firm peaches; peel, cut from the seed and place in self-sealing jars; cover with water until the jars are all filled and ready to place on the fire. Then pour off the water, add one cup of sugar to each half gallon of fruit, fill the jars with water, put on the rubbers and tops loosely and place the jars in a large lard can, with folded cloth or false bottom in it. Fill the can nearly to the top of the jars with cold water and place on the fire. Let the water in can boil for three minutes, remove from the fire, tighten tops and let them cool; then tighten again. They should be examined the next day after and if necessary again tighten. Then put away in a cool, dark place. A cellar is best. Pears, quinces, apples, plums and tomatoes are canned in the same way.



### To Can Peaches in Tin

Peel ripe peaches, either clingstone or freestone, cutting them in half and removing the seed. Place in vessels and sprinkle with sugar, using a quarter of a pound of sugar to each pound of fruit; let them stand until there is nearly enough juice to cover; then place the fruit in tin cans, pour in the juice to within half an inch of top of can, then solder on the tops, leaving a small hole in the top open. Stand them in boiling water—which comes nearly to the tops of the cans—when the fruit is boiling hot, take from the water, tip the cans—that is, fill the small hole in the top with solder. Return the cans to water and let boil three minutes. If any can is not well sealed the juice will boil out at the opening; these should be sealed and the can returned to the boiling water. Each can must be air-tight. This is the easiest, cheapest and safest way of canning peaches, and is superior to those canned with water in them.

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## PEARS

### Pear Preserves

Gather the pears when they are full grown, but not too ripe. If small, peel and core them, leaving the stem on. If large, peel and cut in quarters. Place in kettle, cover with water, and boil until they can be pierced with a straw. Drain well, pack in jars, with three-quarters of a pound of sugar to each pound of pears. Let stand twelve hours. Drain off the juice, boil for fifteen or twenty minutes, skimming well. Then put the pears in and boil until transparent, take them out, sun for two or three hours; then pack in jars, and pour the juice over them. Seal and keep in a cool, dark place.

### To Can Pears

Use recipe for canning peaches.

### **Pear Jelly**

Take half ripe pears, peel and cut them in slices, without removing the core. Keep them in clear water until all are cut; drain off the water, place in kettle, cover with clear water, cover and boil until quite tender; then drain off the juice, strain through a flannel bag, place on the fire, and boil ten or fifteen minutes. Measure, and add one pound of sugar to one pint of juice. Boil for thirty minutes, or until it jellies, which may be in less time.

### **Pear Chips**

Cut the pears, after peeling and coring, into strips an eighth of an inch thick, then into squares. Boil them three or four minutes in clear water. Drain them and pack in sugar; using three-quarters of a pound of sugar to each pound of fruit. Let stand until the sugar melts, then boil until the syrup is thick. These make very pretty preserves, when put up in the syrup, and are very nice when dried on dishes in the sun, and packed, first sprinkling them with powdered sugar. Quinces may be prepared in the same way.

### **Pear Sweet Pickles**

Peel, core and quarter the pears. Boil until tender in clear water. For half gallon of pears take one quart of apple vinegar, two teacupfuls of sugar, one teaspoonful each of whole cloves and mace. When boiling, put the pears in and let them remain two or three minutes; then place them in jars. Boil the vinegar until there is just enough to cover the pears; pour over them and seal.

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## **QUINCES**

### **Quince Preserves**

Gather the quinces when ripe. Peel, core and quarter them. Boil in clear water until tender, drain and pack in an earthen vessel, using three-quarters of

a pound of sugar to each pound of fruit. Let stand twelve hours; then boil until the quinces are clear. Put them in jars, boil the syrup until there is just enough to cover the quinces, pour over them, seal and keep in a cool place.

### Quince Jelly

Wash the quinces and rub them well with a rough cloth. Cut them in quarter pieces, keeping them in water until all are ready; drain off the water, put them in the kettle, cover with fresh water. Let them boil until very tender. Strain off the juice; add one cup and a half of white sugar to two cupfuls of juice. Let boil rapidly for twenty or thirty minutes. Have the molds dry, fill as quickly as possible without breaking the molds by heating too fast. Let cool, cover with paper dipped in alcohol and put on the tops.

### Quince Marmalade

Peel, core and cut the quinces; boil them until very tender, in just enough water to cover; strain the juice and add to it half a pound of sugar to each pound of fruit; return to the fire, rub the quince through a colander, or mash very smooth with a wooden or silver spoon. Put in the syrup, and let it boil until thick and clear. Spices may be added to this if desired. Cover over the top with letter paper dipped in brandy before sealing.

### Crystallized Quinces

Take nice, firm pieces out of the preserve syrup after the preserves have been made a few weeks, wash all the syrup off, and place the quinces in the sun for two days; then make a syrup of one pound of sugar and one teacupful of water; let it boil until it almost candies, drop in a few pieces of quince at a time and let them boil two or three minutes; take out and place in the sun on flat dishes. Continue until all the syrup is used. Pack in boxes with layers of oiled paper between.

### Quince Leather

Peel, core and cut the quinces as for preserving. Place in a kettle and let them boil until they can be pierced with a straw; not too tender. Take them out on a dish to drain and cool. Strain a part of the water the quinces were boiled in and add to it half a pound of sugar for each pound of the quinces. Place this on the fire and let boil fifteen or twenty minutes. While it is boiling slice the quinces in very thin strips. Drop them in the syrup and let it boil slowly until quite thick. Have ready cloths stretched on boards, or large flat dishes. When the fruit is almost cold spread out on cloths or dishes, smooth over and place in the sun until dry. Then cut in six-inch strips, sprinkle with pulverized sugar, roll very tight, pack in jars and keep well covered; when ready to use, cut in half-inch blocks with a sharp knife. Pears can be used in the same way.

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### MAYPOPS

Gather the Maypops when very green; take off a thin peeling, cut in halves, and take out the seed. Drop them in lime water, made in the proportion of one teacupful of lime to one gallon of water; let them stand twelve hours. Boil them fifteen minutes in weak alum water, then boil in fresh water until they are clear. Take them out, drain well, and pack in granulated sugar, using three-quarters of a pound of sugar to one pound of fruit. Let them remain twelve hours; then boil twenty minutes; flavor strongly with ginger or extract of lemon. If ginger is used, boil the root with the preserves. When done, put in jars and seal. These may be dried and crystallized just as are apricots and quinces.

### Maypop Jelly

Use the seed and pulp of ripe Maypops. Boil them fifteen minutes and strain; add one pint of sugar to one of juice, and boil twenty-five or thirty minutes, or until it jellies.



## WATERMELON

### Watermelon Preserves

Take a small, long melon, slice it round in half inch slices, pare, place in a large earthen bowl and cover with brine, using one teacupful of salt to three quarts of water. Let it stand twelve hours, drain and cover with fresh water and let it remain until the salt is well out. Then soak in alum water until firm, using a teaspoonful of pulverized alum to one gallon of water. Take from the alum water and boil in fresh water until the rind is clear and the alum is well out of the melon. Drain and pack in white sugar, using one pound of sugar to each pound of melon. After the syrup is formed, return to the kettle, slice two lemons to each gallon, and boil until the melon is clear and the syrup thick; cover well and keep in a cool place. The meat of the melon will be a darker red than the natural color, but quite pretty. Leave the seed in.

To preserve the rind of melon, peel and take out the meat close; cut in any shape or size desired. Place in lime water using a half pint of lime to each gallon of water to be used; let the lime settle and drain off the water before putting in the rind. Let it stand twelve hours, then boil it in very weak alum water. Drain, cover with fresh water, and boil until the alum is all out and the rind is clear.

The water will have to be changed if much alum has been used, as it must be well out of the rind before preserving. When fresh, drain well, pack in white sugar, using one pound of sugar to each pound of rind. Let it remain in sugar twelve hours, then boil until the rind is clear. If the syrup is too thick add a little water; flavor with anything desired. If ginger is preferred, make a strong tea, strain and boil the rind in it before packing in the sugar.

### To Pickle Watermelons

Cut the rinds in small pieces, peel, take out the meat and pack in brine until ready for use. Take from

the brine and soak in clear water until fresh, then boil in weak alum water until perfectly firm, then boil in fresh water until the alum is out and the rinds are clear. Drain them well and place in jars. Make a pickle of one quart of good apple vinegar, half ounce of whole cloves, the same of mace and two pounds of sugar; boil five minutes, pour over the rind and seal. This is for a half gallon of rind.

Green cantaloupes and pumpkins may be pickled in the same way. Sour pickles may be made by using the vinegar cold and not using any sugar.

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## CANTALOUPEs

### To Preserve Cantaloupes or Musk Melon

Gather the melons nearly grown, but perfectly green; slice them, take out the seed and peel. Drop them in weak lime or alum water for twelve hours, or until perfectly firm. Then soak in clear water until fresh. Boil until clear in ginger tea, using the white ginger. Then pack in white sugar and let them remain until the sugar dissolves. Boil until transparent and the syrup is thick. Put in jars and seal.

### To Crystallize Cantaloupes

Take young cantaloupes, after the seed are well formed. Slice, peel, and take out the inside. Put them in weak brine, or lime water, for twenty-four hours; then soak them until fresh, in cold water. If salt water is used instead of lime water, the rinds will have to be soaked in weak alum water until brittle. Soak them in cold water until the alum is out of the rinds. Have ready a tea made of white ginger, or whatever spice flavor is preferred; boil the rind in this until it is tender; take it out of the tea, and drain on a cloth for a few minutes; then pack it in sugar, using three-quarters of a pound of sugar to each pound of rind. Let it stand well covered until the sugar is dissolved, then boil until the syrup is thick. Put in jars, and in a day or two, boil it again. If, at the last boiling, the

syrup will not cover the rinds, boil half of the cantaloupe for half an hour; then spread on dishes and set in the sun; and boil the other rind in the same way. In a few days make a fresh syrup, just enough to boil a few of the rinds at a time; as these are taken out, spread on dishes and set in the sun, place the other rinds in the syrup to boil, then in the sun to dry. Proceed in this way until all the rinds have been through the syrup. Dry them thoroughly in the sun, then pack, with oiled paper between each layer. This is nice to use in fruit cake in place of citron.

### Pumpkin Chips

Cut ripe pumpkin into one inch strips, peel and cut out the soft part next to the seed. Then chip into thin squares. Let stand in salt water over night; drain and boil in weak alum water for twenty minutes. Then soak in fresh water twenty-four hours. Drain and pack in white sugar, three-quarters of a pound to a pound of pumpkin. Slice a lemon into each half gallon when adding the sugar. Let it stand until the sugar is dissolved, then boil with the lemon in it until the pumpkin is clear. Place in jars and seal. This retains the natural color and is very nice.

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## FIGS

### Fig Preserves

Take figs nearly ripe; pour over them boiling hot, weak lye, or use lime water; let them remain in it for half an hour, then drain, and rub the figs off with a coarse towel. Put them in clear water, and boil ten or fifteen minutes, or until tender; place them in a colander to drain for fifteen minutes; then pack them in sugar, using three-quarters of a pound to one pound of figs; let them remain over night, then boil until the figs are transparent; place in jars, boil the syrup until there is just enough to cover the figs; pour over them and seal while hot.



### **To Dry Figs**

Select figs that are just ripe. Have ready some boiling weak lye, or lime water. Fill a perforated ladle with figs, and dip in the hot lye, or lime water; let them remain for a minute, then drain carefully, or dry with a cloth. Proceed then with as many figs as are to be dried. Have ready a well cooked but rather thin syrup of white sugar. Into this put figs enough to cover the surface and let them cook gently for fifteen minutes. Take out, drain, put on dishes and put more figs in the syrup. When all have been cooked and drained, set the dishes out in the sun to dry, covering them with wire gauze, or covers made of netting, to protect them from insects. Keep them in the sunshine every day until they are thoroughly dried. Pack in jars and keep well covered.

### **Another Way to Dry Figs**

Take quite ripe, but fresh figs; dip them in weak boiling lye one minute, and drain. Boil them in clear water until very tender; drain off the water and mash the figs with a wooden spoon. Add half a pound of white sugar to each pound of figs; cook this until it is a thick paste. Have large dishes, or cloth stretched on flat boards, and spread the fruit on them, a third of an inch thick; smooth over the surface and set in the sun to dry. When dry, cut in strips six inches wide and ten or twelve long, sprinkle with sugar, and roll very light. Pack in jars. Serve cut in half inch blocks.

### **Sweet Pickled Figs**

Take figs nearly ripe; dip them in weak, hot lye one minute, and dry them. For each half gallon of figs, have ready one quart of apple vinegar, with two teacupfuls of sugar, one teaspoonful each of cloves and mace. Put the figs in and boil five or ten minutes; then take them out and place in jars. Boil the vinegar until there is just enough to cover the figs; pour over them, seal while hot, and put away in a cool, dark place.



### Fig Preserves

Gather figs with the stems on, before they are quite ripe. Wash and weigh them. Boil in clear water until tender enough to pierce with a straw; take from the water; for every pound of figs take three-fourths of a pound of sugar and make a syrup. Put the figs in and cook until transparent. Flavor with cinnamon, ginger or lemon.

### Crystallized Figs

Take firm, preserved figs that have not been broken and that have the stems on them; take out the syrup, and drain. Make a syrup of white sugar and water enough to dissolve the sugar well; let it boil a few minutes. Drop in enough figs to cover the surface; let them boil two or three minutes; take out with a wire dipper or strainer, and place on large, flat dishes. Continue this until all the figs have been boiled. Place the dishes in the sun until the figs are perfectly dry. Place in boxes, with oiled paper between each layer.

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## SCUPPERNONGS

### Scuppernong Wine, No. 1

Gather very ripe grapes. Press the juice from them at once. Use one and a half pounds of sugar to each gallon of juice. Put in a vessel, and keep it full enough to let the scum run off four or five days. When fermenting, keep vessels full, as directed in making grape wine. Then stop it loosely. Allow to stand five days or more, after which cork and keep in a cool, dark place for three months; bottle and seal.

To make dry, omit the sugar.

### Scuppernong Wine, No. 2

When the grapes are not thoroughly ripe, pour over them boiling water, and let them stand twelve hours. Press the juice from them. Two pounds of sugar are required when water is added. Then proceed as in foregoing recipe.

**Scuppernong Wine, No. 3**

Place the grapes in a covered vessel, and let them stand twenty-four to forty-eight hours. Then draw off the juice and sweeten with one and a half pounds of sugar to one gallon of juice. Keep the vessel full enough, for five days, for the scum to flow from it. Cork at the end of ten days.

**Scuppernong Wine, No. 4**

Mash the grapes; pour quart of boiling water to a gallon of fruit; let it stand twenty-four hours. Strain it into a jar, and add three pounds of sugar to one gallon of the juice. Let it stand again twenty-four hours, then skim and strain. Then put in jugs, putting thin muslin cloth over the mouth. Let stand six or eight weeks, strain through a flannel bag, bottle and cork tightly, and it will soon be ready for use.

**Scuppernong Catsup**

Pulp and then measure one gallon of ripe scuppernongs; place over the fire in a granite vessel. When hot the seed will rise to the top. Turn into a sieve, if necessary, rub the pulp through with a silver or wooden spoon. To this quantity of pulp add two teacupfuls of vinegar, two of sugar, heaping teaspoonful of salt, level teaspoonful each of ground allspice, cinnamon, cloves, and black pepper. Boil slowly until thick, stirring frequently; then bottle and seal.

**Scuppernong Jelly, No. 1**

Boil ripe, or nearly ripe scuppernongs, with nearly enough water to cover, until very tender, then strain through a jelly bag, measure the juice, and add the same measure of white sugar; boil until it will congeal when dropped on a cold, dry surface.

**Scuppernong Jelly, No. 2**

Take the pulp and juice of half ripe scuppernongs. Boil a few minutes and strain through a flannel bag. Add one pound of white sugar to each pint of juice and boil until jellied. It will take from twenty to thirty minutes.

### Preserved Hulls of Scuppernongs

Take the hulls, after using the pulp, and boil them in enough water to cover, until they are tender. Pour off half the water and add one and a half pounds of sugar to each pint of hulls; boil until the syrup is quite thick and put in jars.

Use the hulls in the same way, with one pound of sugar to each pint of the hulls and leave all the water they are boiled in. Seal while hot. Some prefer these to those having more sugar.

### To Preserve Scuppernong Pulps

Take half ripe scuppernongs between the thumb and forefinger and press the pulp into an earthen vessel; continue until the desired amount of pulp is ready. Then press the seed from the pulp in the same way. When the seed have been removed, put the pulp in a kettle, with just enough water to cover and boil two or three minutes. Add one and a half pounds of sugar to each pint of pulp and boil twenty minutes, or until the syrup is thick.

If the pulps are put in their strained juice and one pound of sugar added for each pint of juice and boiled for fifteen or twenty minutes, they will make a firm jelly that is nice to serve with whipped cream.

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## GRAPES

### Grape Wine

Pick the ripe grapes from stem, mash and strain out the juice; to each gallon of juice add one and a half pounds of white sugar; let stand four or five days, keeping the vessel full enough to overflow. Stop the vessel loosely for a few days, then cork and keep in a cool place for five months, when it will be ready to bottle and seal.

Dry wine may be made in this way by omitting the sugar.



### **Unfermented Wine**

The grapes should be picked when perfectly ripe, and the juice extracted and bottled as soon afterwards as possible. The bottles are filled brim full, and placed up to their necks in hot water within ten degrees of boiling point. When the juice is as hot as the water, the cork is forced into the bottle, expelling a portion of the liquid. If the least portion of air is left between the cork and the liquid the oxygen contained in the air will set the saccharine matter in the wine in motion and fermentation will ensue. When the cork is forced into the bottles the liquid is in a state of expiration from the heat; as it cools it contracts, leaving a vacuum between the cork and the liquid; but the vacuum must not be an atmospheric chamber. The cork of course must be thoroughly air-tight. If fermentation does set in, it may be stopped by reheating the wine. The bottles are laid on their sides, in a cool place. After several months, when the wine has become clear, drain off and re-bottle. The bottles should be brim full, and should again be set in vats of hot water heated up to the same degree, and corked precisely in the same manner as at first, using sealing wax to exclude the air; keep in a cool place. It is ready for use as soon as bottled the second time, and will keep in a cool cellar.

### **Grape Jelly**

Boil until quite tender, green grapes in just enough water to cover. Strain and boil the juice ten or fifteen minutes; measure and add one pound of sugar to one pint of juice. Boil from twenty to thirty minutes, put in jelly molds and cover when cold, first fitting a piece of writing paper dipped in alcohol over the jelly. This is good with turkey and other meats.

### **Light Grape Wine**

Pick the ripe grapes from the stem, mash them well and strain through a strong bag; measure the juice and add one quart of cold water to three quarts of juice.



Sweeten with two pounds of white sugar to each gallon of juice, after the water is added. Keep the vessel well filled as with other wines for four or five days, that the scum may run off, then cover with a cloth for five days, when it will be ready to cork. Keep in a cool place three or four months, then bottle.

### **Grape Catsup**

Take the pulp of scuppernongs or muscadines, and boil them until they can be rubbed through a sieve; then to each quart of the pulp add a half teacupful each of sugar and good apple vinegar, half teaspoonful of salt, ground cloves, allspice and cinnamon. Boil this slowly for one hour and bottle.

### **Grapes for Winter Use**

Pick ripe grapes from the stem; wash, put in a kettle and cover with water. Boil until the seed loosen; stir them, and as the seed come to the top skim them off. When tender add two and a half pounds of sugar to a half gallon of grapes; boil for half an hour, put in jars and seal while hot.

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## **ORANGES**

### **Orange Preserves**

To preserve oranges whole, cut a place out of one end large enough to take the pulps all out with a teaspoon. Then place the rinds in brine for twenty-four hours; then soak them in water until fresh; soak in alum water one night, and boil in clear water until tender. Don't boil many at a time, for fear of breaking or mashing them. Drain them on a cloth, place in jars. Make syrup of one pound of fruit; let it boil ten minutes, pour over the fruit and let it stand twenty-four hours. Then pour oranges and syrup into a kettle, boil for half an hour, put in jars, boil the syrup until there is just enough to cover the oranges, pour over them and seal.

**Orange Marmalade, No. 1**

Six oranges, four lemons. Slice as thin as possible, and take out the seed. To each pound of sliced fruit add three pints of cold water, and let stand twenty-four hours. Then boil three-quarters of an hour and let stand twenty-four hours. Then weigh, and to every pound of sliced fruit and water, add one and one-quarter pounds of sugar, and boil until clear, and it forms a jelly. About three-quarters of an hour will do.

**Orange Marmalade, No. 2**

Chop the rind of one or two oranges fine; boil in clear water until tender; take it out of the water and add to the pulp from the oranges used in the foregoing recipe. Take out the seed from the pulp, add one pound of white sugar and a half teacupful of water to each pound of fruit. Mix well and place on the fire. Boil until thick and clear, stirring constantly to keep it from burning.

**Orange Marmalade, No. 3**

Two dozen oranges, one dozen lemons. Taking a sharp knife, slice the fruit across, rind and all, very thinly, rejecting the seeds, and cut each slice in four quarters. Put all to soak twenty-four hours in six quarts of cold water; then put on the fire, in the same water, and boil at least two hours. Then add sixteen pounds of white sugar and simmer gently for one hour longer, watching that it does not scorch. This recipe does not call for bitter oranges; if the marmalade is desired more bitter, boil the seed in a little water and add the liquor to the rest.

**Orange Jelly**

Boil the pulp and juice of six oranges, with six large apples and one pint of water, until the apples are tender; strain in a flannel bag, add one cup of sugar to each cup of juice and boil until jellied. The apples will not affect the flavor of the jelly. Lemons may be used in the same way as oranges for preserves and jelly.

### Orange Flower Syrup

Select and wash, without bruising, one pint of the white petals of the orange flower. Any other part of the flower will make the syrup bitter. Put the petals, after washing, to drain on a towel. While they drain, prepare a syrup of granulated sugar and water; let it boil ten minutes, skim and drop in the petals; simmer for two or three minutes, stir gently, strain and bottle; seal while hot.

### Orange Wine

One pint of sour orange juice to a gallon of water, with two and three-quarter pounds of sugar to a gallon of the mixture. Place in jars or jugs, filling to the brim; reserve enough of the mixture (in a bottle) to fill the jars every morning, so that in fermenting the scum may boil off. Let ferment about three weeks, or until it becomes clear; drain off carefully and add a quarter of a pound of sugar to each gallon. Pour back into jars, let ferment again for six or eight weeks, then if fermentation has ceased, drain, strain through a bag and bottle.

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## COCOANUTS

Cocoanuts to be grated should have the milk drained out and be allowed to dry several hours before they are broken. Then break the hull, take out in as large pieces as possible, peel off the dark skin, grate, place on a cloth laid on a waiter or a large flat dish, sprinkle with sugar and dry in the sun. It may be dried in the stove if the stove is only warm. When perfectly dry, put in a self-sealing jar, being careful that the rubber is good. Seal, wrap in brown paper and keep in a dry place. Coconut prepared in this way will keep well and is always ready for use in cooking. For cake it is best to have it dry; for puddings or custards it may be

covered with fresh sweet milk, placed over a slow fire and allowed to stand twenty or thirty minutes; drain off the milk and use as one would fresh cocoanut grated.

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## **TOMATOES**

Green tomatoes are best for pickling and preserving early in the spring and late in the fall. If used in the warm months they should be gathered just after a rain. Otherwise the skin will be tough. If preferred, peel the tomatoes carefully with a sharp knife.

### **Green Tomato Preserves**

Select large, round, smooth tomatoes. Cut in slices, sprinkle with salt and let stand over night. In the morning drain off the salt water and cover with fresh water. Soak until fresh, changing the water when necessary. Now boil in alum water (using a porcelain kettle, or a very bright brass one) until they are firm; then boil in fresh water until free from alum and the tomatoes are clear. This will take half an hour. Make the syrup of one pound of sugar to each pound of tomatoes, using one pint of water to two pounds of sugar. Boil the syrup for five minutes. Drain the tomatoes thoroughly, drop into the syrup and let them boil for half an hour. Flavor with ginger or cloves and a sliced lemon. This preserve is very pretty and when well made and seasoned is good.

### **French Pickles**

Two quarts of sliced green tomatoes, one sliced onion, one of cucumbers, sliced and peeled, one small cabbage cut fine. Place in a vessel with layers of salt; one teacupful will be sufficient. Let stand twenty-four hours; then drain and add celery seed, black and white mustard seed, turmeric, allspice and cloves, one tablespoonful of each, and one teaspoonful of black pepper, one pound of brown sugar, and a gallon of good apple vinegar.



**Green Tomato Pickle, No. 1**

Slice the green tomatoes, sprinkle with salt and let them stand an hour. Pour off the salt water and boil in alum water until firm and clear, using one teaspoonful of pulverized alum to three pints of water. Now remove from the alum water and soak for twelve hours in fresh water. Drain, place in jars with two or three pods of pepper to each half gallon. Cover with good apple vinegar, spiced with a teaspoonful of cloves and the same of allspice.

For sweet pickle prepare in the same way, adding one pint of sugar to a quart of vinegar, boiling the sugar and vinegar together before pouring over the tomatoes. Seal while hot.

**Green Tomato Pickle, No. 2**

Take large, green tomatoes and cut in slices; add half as many sliced onions, sprinkle with salt and let stand six hours. Pour off the juice and season the tomatoes with black pepper, mustard seed and a very little sugar. Cover with good apple vinegar, let it cook slowly for half an hour, put in a jar and seal.

**Green Tomato Pickle, No. 3**

Wash twenty-four even-sized green tomatoes; cut a slice from the blossom end, and with a sharp teaspoon remove the meat; put the slice cut from the top, inside the tomato, to be used for a cap. Wash carefully and chip fine two heads of celery, four bell peppers, and two onions, and peel and cut into small cubes, three cucumbers.

Mix these with the meat of the tomato, chopped, adding two tablespoonfuls of salt, one tablespoonful of celery seed, and one of mustard seed. Pack in a jar and set away for twenty-four hours, putting the tomato shells in weak vinegar for the same length of time. Then drain the tomatoes and fill with the chopped vegetables, and pack in jars. To two quarts of apple vinegar add three teacupfuls of sugar, one tablespoon-

ful of cinnamon, one of allspice, one of cloves, one of mace, and one of ginger. Let boil up well, then skim. When cold, strain and pour over the tomatoes, and seal.

### **Ripe Tomato Pickle**

Peel medium sized tomatoes; place in a porcelain kettle. To each half gallon of tomatoes, add two and a half pounds of sugar, one pint of good vinegar, two sticks of cinnamon, one teaspoonful each of whole cloves and spice and a few blades of mace. Place on the back of the stove and let simmer until the tomatoes are clear. It will take several hours. Be careful not to let them burn. Put in jars and keep well covered.

### **Ripe Tomato Sweet Pickle**

Pour boiling water over ripe tomatoes and remove the skins. Place them in jars, cover with apple vinegar and let them remain three days. Take out of the vinegar, put in a preserving kettle; add three-quarters of a pound of sugar to each pound of tomatoes; add teaspoonful each of cinnamon, cloves, allspice and mace, not ground; let boil several hours until the tomatoes are clear, then seal.

### **Ripe Tomato Preserves**

Peel ripe, firm tomatoes; make a syrup of one pound of white sugar to each pound of tomatoes. Boil a few minutes and put the tomatoes in; let them boil until transparent and the syrup is thick; then put in jars.

### **Another Tomato Sauce**

Take half gallon each of green tomatoes and cabbage, one quart of onions, six pods of green bell pepper; chop all fine and add half a teacupful of mustard and celery seed mixed, one teaspoonful each of ground cinnamon, allspice and ginger; one teacupful of grated horseradish, and two pounds of sugar. Put in a porcelain kettle, cover with good apple vinegar and boil slowly until the tomatoes are tender. Then bottle and seal. This is good with cold meats.

### **Green Tomato Sauce**

Slice half gallon of tomatoes, boil in ginger tea until tender. Drain and add two pounds of sugar, one teaspoonful each of ground allspice and cinnamon, to each pint of vinegar. Boil fifteen or twenty minutes; bottle and seal.

### **Tomato Jelly**

Boil in one cup of water one can of tomatoes, three blades of celery, one onion, three cloves, salt and paprika to taste. After boiling half hour, strain and add three-quarters of a box of gelatin, that has been dissolved. Pour in individual molds, put in a cool place to congeal and serve on lettuce leaf.

### **Tomato Catsup, No. 1**

Wash and mash half bushel of ripe tomatoes; small tomatoes are best. Place in a porcelain kettle, with two tablespoonfuls of salt, twelve pods of red pepper and a half dozen onions, sliced. Let this boil rapidly for thirty minutes, or until the tomatoes are tender. Remove from the fire and let them cool; then rub through a sieve and return to the fire, stirring constantly to keep from burning. Then add one quart of good apple vinegar and more salt, if needed. Boil fifteen minutes, bottle, seal and keep in a cool place.

### **Tomato Catsup, No. 2**

Wash and mash half bushel of ripe tomatoes. Place in a kettle, with two tablespoonfuls of salt. Boil until tender; let cool and strain through a sieve. Take half gallon of the thin juice, add two pounds of sugar, one teaspoonful each of whole cloves and black pepper, six blades of mace, two or three pieces of cinnamon and a root or two of ginger. Let this boil until it is well flavored with the spices, then strain, mix with the other juice and boil until thick. Add one quart of apple vinegar, boil fifteen minutes, bottle and seal.



**Tomato Catsup, No. 3**

Wash, mash and boil until tender, with two table-spoonfuls of salt, half bushel of ripe tomatoes; let them cool, then rub through a sieve; return to the fire and boil until thick; then add half ounce each of ground cloves, cinnamon and black pepper, three pounds of sugar and one quart of apple vinegar; let boil for fifteen minutes, bottle and seal. Using ground spice in the catsup will make it dark. Water should never be used with tomatoes in making catsup. If tomatoes are sufficiently mashed water will not be needed.

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**PINEAPPLES****Pineapple Preserves**

Cut the fruit in slices half an inch thick, then peel carefully; do not cut out the eyes. Weigh, put in a porcelain kettle, and cover with cold water. Boil until they may be easily pierced with a fork. Remove from the fire, and put the fruit in a bowl or vessel in which it may be kept over night. Make a syrup of one pound of sugar and one pint of the water in which the fruit was cooked, for every pound of pineapple. Boil ten minutes, then pour off the syrup, and boil until it begins to thicken. Pour it over the fruit, and seal while hot.

**Pineapple Preserved with Apple**

Chop fine two large pineapples, boil until tender in just enough water to cover; then add one and a half pounds of sugar to each pound of pineapple. Let boil ten minutes. Peel and cut into them twelve medium-sized firm apples. Cook until the apples are clear and seal while hot. These are nice served with whipped cream, put between cake for short cake, or to make pies.



## PICKLES, CATSUPS AND SAUCES

### Cucumbers

Cucumbers for pickling are best gathered when small, from two to three inches long. Keep them for twenty-four hours after they are gathered before putting them in brine, as the water from fresh cucumbers will weaken the brine, and more salt will have to be added every time with the cucumbers. Boiled brine is best. Make it strong enough to bear up an egg. After the brine has boiled, and been well skimmed, pour into a jar or barrel and always have enough to cover the cucumbers; keep a cloth over them. Cucumbers may be added at any time to this brine. When the vessel is full, see that they are well covered with the cloth, and keep a weight upon them. Hot water with soda, in the proportion of a heaping tablespoonful to one gallon of water, poured over the cucumbers just before they are put in brine, will make them retain their natural color. If cucumbers are scalded in a brass kettle after being taken from the brine, this is unnecessary, as they will be sufficiently green. Cucumbers may also be preserved by packing in salt. Cover the bottom of the vessel to be used with salt; then place a layer of cucumbers, then salt. Continue this until the vessel is full. Fresh cucumbers may be added at any time, but must always be covered with salt. Put up in this way they should be packed in salt as soon as gathered. It will require three or four days to soak cucumbers out of the brine or salt fresh enough to make pickle. The water should be changed every day. When the fresh water is put to the cucumbers, add one heaping teaspoonful of pulverized alum and cover with fresh water. Adding the alum will make the cucumbers very firm and will interfere in no way with taking out the salt. It will require only half the time to soak the salt out of cucumbers that are cut in small pieces.

### **Stuffed Cucumbers**

Select one dozen large, green cucumbers; cut a small piece from one end and remove the seed with a teaspoon. Put in strong salt water and let remain over night. Then chop very fine six heads of celery, six green tomatoes, one small cabbage, and three bell peppers; add one cup of sugar, half a cup of salt, two tablespoonfuls of mustard seed, and vinegar enough to mix together. Wash cucumbers in cold water and fill with the mixture; fasten the tops on with toothpicks, put in jars and cover with boiling spiced vinegar. Nice to serve with cold meats.

### **Cucumber Pickle, No. 1**

After soaking until fresh one gallon of cucumbers, add to them two or three onions, cut in halves, and a quarter of a pound of fresh horseradish. Make a pickle of two quarts of apple vinegar, one pound of sugar, two sticks of cinnamon, one teaspoonful each of cloves, spice and mace. Heat and pour over them while hot; seal.

### **Cucumber Pickle, No. 2**

For two gallons of cucumbers, after they have been soaked fresh, take one gallon of good apple vinegar, half teacupful each of white mustard seed, celery seed and ginger; four onions, chopped; tablespoonful each of black pepper and ground cloves; three tablespoonfuls of grated horseradish, one pound of sugar, one teacupful of syrup. Heat and pour over the cucumbers. Keep well covered. Will be ready for use in one week.

### **Cucumber Pickle, No. 3**

After soaking until fresh one gallon of cucumbers, add to them two or three large onions, half dozen pieces of horseradish, two sticks of cinnamon, four inches long, one teaspoonful each of cloves and allspice. Boil two quarts of apple vinegar, with one pound of sugar, and pour over them while hot. Keep well covered.

### **Cucumber Pickle, No. 4**

For two gallons of cucumbers, after they are soaked until fresh, take one gallon of good apple vinegar, half teacupful each of mustard and celery seed, four pieces of ginger, tablespoonful each of whole cloves and black pepper, and four pounds of sugar. Let all come to a boil, pour over the cucumbers while hot. They should be kept well covered.

### **Cucumber Pickle, No. 5**

Cut into inch pieces half gallon of cucumbers. Add to these one quart each of small onions and green tomatoes, cut in halves. Make a pickle of two quarts of vinegar, two pounds of sugar, two four inch sticks of cinnamon and one tablespoonful of allspice. Let this boil, then add to it one tablespoonful of ground mustard and one teaspoonful of turmeric mixed as in cabbage pickle. Pour over while hot.

### **Cucumber Chow-Chow**

Soak cucumbers just out of brine until fresh. Cut in small pieces, scald in vinegar and drain; put them in a stone jar and cover with one gallon of good apple vinegar, scalding hot, to which has been added one teacupful of mixed mustard seed, black and white, two ounces of white ginger, one of pepper, two of ground mustard, one teaspoonful each of mace, cloves and allspice, two teaspoonfuls of turmeric and one of grated horseradish, one head of garlic, two sliced lemons and three pounds of sugar. Mix mustard and turmeric into a smooth paste before putting into the vinegar, as in yellow cabbage pickle.

### **Mixed Chow-Chow**

Chop fine, one quart each of green tomatoes, onions, beans, cabbage, cucumbers and green bell peppers. Add one teacupful of salt. Mix all well, put in a stone jar, and let stand several hours. Then wash in cold water, and drain. Pour over it enough apple vinegar to cover it; let stand twenty-four hours, then drain. Heat three



quarts of vinegar with one tablespoonful each of mustard and celery seed, tablespoonful each of cloves; allspice and cinnamon, and two pounds of sugar, and pour over it. Put spices in a bag. Keep well covered. It will be ready for use in a few days.

### **Cabbage Sweet Pickle**

Take two large cabbages, cut each one in twelve pieces, leaving a part of the stalk on each piece to hold and leaves together. Place in a kettle, cover with cold water and one teacupful of salt and let it come to a boil. Remove from the fire, drain, and cover again with cold water. Let stand until cold; take from the water, place on a dry cloth, and drain well. Place in jars, sprinkling mustard seed in as the cabbage is placed. Boil three pints of good apple vinegar with teaspoonful each of whole cloves, allspice and mace, two sticks of cinnamon and three pounds of sugar. Have ready in a large bowl, one-quarter of a pound of mustard and a large tablespoonful of turmeric. Make this into a smooth paste with a small quantity of vinegar. Now add the vinegar in small quantities until all is mixed in. Pour over the cabbage. Just before sealing, pour two or three tablespoonfuls of olive oil in the pickle.

### **Cabbage Pickle**

Chop fine two large cabbages, place in kettle with cold water and add one teacupful of salt. Let come to a boil; drain, and pack in jars, with one teacupful of white mustard seed. Have a pickle made of one quart of apple vinegar, two pounds of sugar and a tablespoonful each of ground cloves and cinnamon. Let this boil, and pour over the cabbage; seal while hot. A quarter of a pound of ground mustard may be used with this, as in the sweet cabbage pickle, if mustard pickle is desired. Double the quantity of spices may be boiled in the vinegar, then strained out before it is poured over the cabbage, and the pickle will not be dark.



### Higdon Salad

Take equal quantities of cabbage and green tomatoes. Season with onion and green pepper, all cut fine together. Put in a jar and cover with salt. Let remain six hours, then drain. Then put it in vinegar and let stand twenty-four hours; drain this out of the vinegar and put in a jar, with layers of ground mustard, white mustard seed, cloves, cinnamon and horseradish to taste. Fill up the jar with fresh vinegar and it will be ready for use in a week.

### Pepper Mangoes

Take the large bell peppers (the sweet pepper is best) as soon as they are grown; cut out the stem end and get the seed well out. Push stem into the pod. When all are prepared, pour over them hot soda water to keep them green, then boil them a few minutes in alum water to get them firm; plunge them into cold water, slightly salted, and let them remain all night. Make a filling of cabbage, green tomatoes and cucumbers in equal quantities, chipped fine, and a little onion if desired. Cover with water, add one teacupful of salt and let stand all night. Then, take them out of the water, drain thoroughly; add half cup of mustard seed, a tablespoonful each of cloves and cinnamon mixed, and a teacupful of grated horseradish; fill the peppers with this, fit the stems, fasten them in with toothpicks, place in jars and cover with boiling vinegar, sweetened with one pound of sugar to each quart of vinegar.

### Pear Sweet Pickle

Peel the fruit and place in jars. Make a syrup in proportion of one quart of vinegar to three pints of sugar; spice highly with cloves, allspice and cinnamon. Let this boil up well, then pour over fruit. Reboil the syrup, and while hot, pour over the pears. Repeat this several days until they are colored to the core.

### **Cabbage Sauce**

Grind through a sausage mill one large cabbage; put in a kettle with a tablespoonful of salt, and boil two minutes; pour off the water and cover with cold water. Let stand until cold. Press all of the water out and add a teaspoonful each of ground cloves, mustard and black pepper. After this is well mixed, put in a jar and cover with hot apple vinegar, sweeten with two teacupfuls sugar to one quart of vinegar. This will be ready for use in twelve hours.

### **Artichoke Sweet Pickle**

Scrape and soak one hour in weak brine; rinse in fresh water and place in jars. Boil enough good apple vinegar (which should be over two years old) to cover the artichokes; add to this, before boiling, one teacupful of sugar and a teaspoonful each of cloves and whole allspice, to each quart of vinegar. Let boil two minutes, then pour over the artichokes and seal. May be used when one month old.

### **Walnut Pickle**

Gather the nuts when they can be easily pierced with a needle. Soak in brine one week. Take them out of this and sun for a few hours; soak in cold water for twelve hours. Put in jars and pour over them boiling hot vinegar, to which has been added one teaspoonful each of ginger, cloves, mace and pepper, two onions, a small quantity of horseradish and two pods of red pepper, to each quart of vinegar; cover well. The pickle will be ready for use in a month or more.

### **Walnut Catsup**

Gather the nuts as for pickle. Crush them, put in a jar, and sprinkle lightly with salt. Let stand five or six days, then strain off the juice. To every gallon of juice, add one pint of chipped onion, one tablespoonful of mace, black pepper. Boil for thirty or forty minutes. Bottle, seal, and keep in a cool, dark place.

### Onion Pickle

Peel one gallon of medium sized onions. Put in a porcelain kettle one quart of sweet milk and three quarts of water; salt slightly; put in the onions and let come to boil; remove from the liquid and pour over them cold water; wipe dry with a cloth and place in jars. Pour over them a pickle made of one quart of cider vinegar, one pound of sugar, one teaspoonful each of cloves, mace and allspice, quarter of a pound of ground mustard and one tablespoonful of turmeric. Mix the turmeric and mustard together to a smooth paste, with a small quantity of the vinegar after it has been allowed to come to a boil; then stir in the vinegar slowly until all has been used. Pour over the onions and seal. Leave out the sugar and use a little more salt if sour pickles are preferred.

### Cabbage Pickle

Four medium size cabbages, half peck of onions, half a peck of green pepper. Chop cabbage and pepper, sprinkle with salt, using two teacupfuls of salt. Pack in jar and let remain twelve hours. Then drain, and cover with boiling water, letting it stand three hours. Now press the water out thoroughly, using a colander or coarse net, and add the onions, chopped; cover with boiling vinegar, and let it remain two days. Drain well, and add spices as follows: Two tablespoonfuls of ground cinnamon, one tablespoonful of ginger, one of cloves, one of mace, a quarter pound of mustard, two ounces of turmeric, two tablespoonfuls of celery seed, one each of black and white mustard seed, and a teacupful of sugar. Mix, and cover with cold vinegar.

### Cabbage Chow-Chow

Chop fine one large white cabbage; boil for one minute in a weak salt water. Take out of the kettle and cover with cold water; let stand five minutes, then drain well. While the cabbage is draining, heat one quart of good apple vinegar, with one teaspoonful of



whole cloves, six blades of mace and one and a half tablespoonfuls of ground mustard, two of white mustard seed and a heaping teaspoonful of turmeric. Make into a paste with small quantity of the hot vinegar. Strain the vinegar and add to the mustard, being careful to have it well mixed. Cover with waxed cloth for sealing purposes.

### **Artichoke Pickle, No. 1**

Scrape and soak twelve hours, in a brine made of one teacupful of salt and a gallon of cold water. Season with cloves, mustard seed and coriander seed, mace, allspice and black pepper and enough apple vinegar to cover artichokes. Place the artichokes in jars and pour over them the vinegar, cold. Will be fit for use in one month.

### **Artichoke Pickle, No. 2**

Proceed as in recipe No. 1, leave out all the spices save cloves and pepper and add horseradish. To each quart of vinegar, add one teaspoonful each of cloves and whole pepper and a half teacupful of horseradish, cut in small pieces.

### **Red Pepper Catsup, No. 1**

Boil until tender half gallon of red pepper pods, in water enough to cover. Add, while boiling, a tablespoonful of mace and allspice. Rub through a sieve and add one quart of apple vinegar. Boil until thick, and bottle. One pound of sugar may be added while boiling, if desired.

### **Red Pepper Catsup, No. 2**

Take equal quantities of red pepper pods and ripe tomatoes; add two tablespoonfuls of salt and one each of mace and cloves. Boil one hour, rub through a sieve; add one quart of apple vinegar and boil until thick. Bottle.



### **Cauliflower Pickle, No. 1**

To twelve heads of cauliflower put five quarts of vinegar, five teacupfuls of brown sugar, a tablespoonful of butter, one bottle of French mustard, a quarter pound box of common mustard, two tablespoonfuls of ground ginger, a cupful of garlic or dwarf onions, two green pepper pods, a half teaspoonful of cayenne pepper and one ounce of turmeric. Mix together sugar, mustard, ginger and turmeric, heating them well. Then boil in vinegar, with garlic, pepper, etc., for ten minutes. Meanwhile put on the cauliflower in a separate pot and boil until tender, which requires but a few minutes. Divide the cauliflower into convenient sized sprigs, which must be carefully placed in glass jars and covered with the spiced vinegar. Seal up tight and keep in a dry closet.

### **Cauliflower Pickle, No. 2**

Take two large heads of cauliflower, divide in pieces the desired size; put in porcelain kettle, cover with water and add one teacupful of salt; let it boil one minute. Take from the kettle and cover it with cold water; let it stay a few minutes, drain, place in an earthen jar, cover with apple vinegar and let it stand twelve hours. Then make a pickle of half gallon of vinegar, two pounds of sugar, teaspoonful of whole cloves, mace and allspice, quarter of a pound of ground mustard and a tablespoonful of turmeric. Mix the mustard and turmeric into a paste with a little vinegar, add the spices, sugar and vinegar, and heat. Drain the vinegar from the cauliflower, place in jars and pour the pickle over it. Seal and keep in a cool place.

### **Cauliflower Pickle, No. 3**

Prepare the cauliflower as for the mustard pickle. After draining from the vinegar, place in jars with three pods of red pepper, half cup of horseradish, teaspoonful each of whole cloves and mace. Cover with good apple vinegar, cold, and seal.

### **Pepper Pickle**

Take one peck of sweet bell peppers when just grown; cut out the stems and seed. Chop the rinds fine, sprinkle lightly with salt, and let stand a few hours; rinse off the salt, cover with alum water, and let stand over night. Then soak in clear water for twelve hours. Drain the water from them, and add one teacupful of grated horseradish, half teacupful of mustard seed and a few blades of mace. Pour over this, when well mixed, two quarts of apple vinegar. Put in jars, and seal.

### **Head Notes on Tomato Catsup**

It is very essential that good apple vinegar be used. Stir constantly while cooking.

If the tomatoes to be used for catsup are not thoroughly ripe when gathered, place them in shallow baskets, and keep until they reach the proper stage for use.

### **Tomato Catsup**

Wash and slice one bushel of ripe tomatoes; boil until tender, using no water; remove from the fire, and let them cool; then rub them through a sieve. Return to the fire, and boil until very thick; now add three teacupfuls each of white sugar and good apple vinegar, one of salt and one heaping tablespoonful of black pepper. Let this continue to boil until there are just two gallons. Bottle while hot. Before corking, put one teaspoonful of apple vinegar in each bottle.

### **Horseradish Sauce**

Wash and grate the horseradish. To each quart put one teacupful of sugar and one of good apple vinegar. Mix well, bottle and seal.

# BREADS

## YEAST

It is hard to point out the most important steps in bread-making, but thorough kneading, slow rising and careful baking are some of the requisites, and the use of lukewarm water and milk the first essential. —Betsy Beeswax.

### Hop and Potato Yeast, No. 1

One-half dozen potatoes; pinch of hops (in muslin bag); pour three pints of water on potatoes and hops and let boil until done. Then put into cup of warm water, one heaping tablespoonful of powdered yeast and let stand a few minutes. Add two tablespoonfuls of sugar, one teaspoonful of salt. Mash potatoes; strain the water in which potatoes and hops were boiled. There should be two pints. Mix with the yeast and this water, one teacupful of flour, two and a half of meal. Set to rise. It should rise to double its original quantity. Make into dough, with equal parts of meal and flour and make into cakes, dry and crumble. Put away in paper bags, to keep the weevils out.

### Hop and Potato Yeast, No. 2

One cake of yeast, dissolved in a warm tea, made from a pinch of hops; boil one Irish potato, rub through a sieve and add to the yeast; work in a quart of sifted corn meal, making a batter as stiff as mush. Set to rise; after an hour, if any water rises to the top, stir in more meal; when well risen, it will crack open on top. Now stir in meal to make a stiff dough. Make in a long roll, three inches in diameter and cut the cakes from the end, each half an inch thick. Put in the shade to dry. When nearly dry, crumble, dry thoroughly, and put away in a close jar, bottle or paper sack. Use one tablespoonful to one good quart of flour.



### **Liquid or Dry Hop Yeast**

One teacupful of lightly broken hops, one pint of sifted flour, one teacupful of granulated sugar, one tablespoonful of salt, four large, or six medium-sized potatoes, two quarts of boiling water. Boil the potatoes, drain off the water when done, and let them dry off a few minutes, precisely as for the table, before mashing them. At the same time, having tied the hops in a cloth, boil them half an hour in the two quarts of water, renewing it if it boils away. Mix the flour, sugar and salt well together, make into a soft paste with cold water, and pour on the boiling hop water slowly, stirring constantly. Now add enough of this to the mashed potato to thin it till it can be poured and mix all together, strain through a sieve to avoid any possible lumps. Add to this, when cool, either a teacupful of yeast, or cake of compressed yeast, dissolved in a little warm water. Let it stand two hours, or till partly light, then stir it down two or three times in the course of five or six hours, as this makes it stronger. At the end of that time it will be light. Put in an air-tight vessel, and keep in a cool, dark place. For the yeast cakes, stir in corn meal till a dough is made, form it in small, thin cakes, and dry them carefully in the shade.

### **Liquid Yeast**

Peel and slice three or four medium-sized potatoes and boil until perfectly soft, in four pints of water. When done, drain, mash the potatoes well, and add the water. When about lukewarm, add two tablespoonfuls of salt, teacupful of sugar, one of hops and one cupful of liquid yeast, or one yeast cake. Cover over for about twenty-four hours, or until it ceases to ferment; then put in air-tight jar and set in a cool, dark place. It will keep for two or three months in winter and about two weeks in summer.

One cupful of this yeast is sufficient for half a dozen loaves of bread.



### Mrs. Adams' Yeast

Dissolve two tablespoonfuls of dry yeast in a tumbler of warm water; add a pinch of salt, one teaspoonful of sugar and make into a soft dough, with one pint of corn meal and a half pint of flour. In an hour, or when well risen, make into cakes and dry. When nearly dry, crumble the cakes as they will be more convenient for use. Keep in a bottle and use one tablespoonful to a quart of flour.

### Milk Yeast

One cup of fresh sweet milk, two cups of water, one teaspoonful of salt, one tablespoonful of sugar. Boil the milk and water; when sufficiently cool (just milk warm), stir in one cupful of meal and enough flour to make a rather stiff batter. Keep warm, and in three hours, stir it up well; six hours from the time it is made, it ought to be well risen; if it is not, do not use it for bread.

Make the yeast in a pitcher, cover closely, and place in a pot of warm water; place the pot near the fire or stove, and add hot water, as often as necessary to keep an even temperature. Everything depends on keeping yeast and bread warm. This quantity of yeast, with one pint of warm water, will make up three quarts of flour.

### Buttermilk Yeast and Bread

Boil a teacupful of fresh buttermilk; when about milk warm dissolve in it a cake of yeast. Stir into this enough sifted corn meal to make a stiff batter, and set to rise. When well risen it will crack open in places over the top. Roll out in corn meal and cut in cakes and dry in the shade. For rolls use just as one does other yeast. It rises more quickly.

## BREAD AND ROLLS

### Milk Yeast Bread, No. 1

Make the yeast as directed in preceding recipe. Sift three quarts of flour and rub in it one tablespoonful of lard—more or less, as is liked, one tablespoonful of sugar, and three tablespoonfuls of salt. Stir in one pint of warm water, then the yeast, and knead; set to rise; when well risen, knead thoroughly, make into loaves and set to rise in a warm place until ready to bake.

### Milk Yeast Bread, No. 2

The night before baking bread, boil one teacupful of sweet milk and to this add one tablespoonful of meal; set in stoveroom until early next morning. Then add two teacupfuls of warm water, one teaspoonful of salt, one tablespoonful of sugar; stir in thoroughly three teacupfuls of flour; put to rise in a vessel of hot water (more heat is required for this than for hop yeast). After it rises well into a foam, make into a moderately soft dough; grease the loaves over and put to rise; when well risen, bake in a moderate oven.

### Breakfast Rolls

One quart of flour, heaped up, one tablespoonful of powdered hop yeast, one tablespoonful of sugar, one tablespoonful of salt, one heaping teaspoonful of lard. Dissolve the yeast, salt and sugar in a teacupful of warm water, make a soft dough, using more warm water if necessary. Set in a warm place to rise; when well risen, knead thoroughly, using as little flour as possible, as the rolls rise better and are lighter. Make into rolls, set to rise and when light, bake.

### Salt Rising Bread

Into a pitcher put one teacupful of fresh sweet milk, two teacupfuls of boiling water, one tablespoonful of sugar, one teaspoonful of salt; into this three teacupfuls of flour. Set the pitcher in a kettle of moderately

warm water and keep it at a uniform temperature; cover the mouth of the pitcher with a towel. Set the kettle where the water will keep warm. Let it stand three hours then beat up well, after which do not disturb it. In two hours it should be light. Have ready two quarts of flour, half a tablespoonful of lard, and a teaspoonful of salt. Pour in the yeast, to which, if not sufficient, add warm water to make a moderately soft dough. Knead well, mold in loaves, put in greased pan and set in warm oven to rise; after which bake slowly.

### Bread or Rolls

Into two quarts of flour, rub two tablespoonfuls of lard. Make up with one pint of sweet milk, boiled and cold, and one heaping tablespoonful of yeast, dissolved in a cupful of warm water; add two tablespoonfuls of sugar and one of salt. Set to rise; when risen about double its size, make into rolls or loaves; let rise again and bake slowly.

### Bread, No. 1

Very excellent bread is made by the following rule: One tablespoonful of butter or lard, one tablespoonful of sugar, one tablespoonful of salt, one pint of milk or water (lukewarm), two quarts of flour, half a cake of yeast, or half a cup of liquid yeast. Into a bowl put the salt, butter and sugar; sift over it one quart of flour. Make a hole in the center of these ingredients and pour into it, stirring slowly, the pint of lukewarm water or milk in which the yeast has been thoroughly dissolved, or to which the liquid yeast has been added. Stir vigorously till a smooth batter is formed, then cover and set away over night in a room the temperature of which is about sixty degrees. As soon as possible stir into this spongy mass the remainder of the flour, reserving two tablespoonfuls of it for sprinkling the hands and bread board during the kneading operation. Then press and work the dough thoroughly for



twenty minutes; by this time no part of it will stick to the hands or board. Cover and place in a warm corner, out of the way of draughts for five hours; then turn again on the kneading board, knead for ten minutes, form into loaves and place in well buttered pans. Let this rise for an hour longer, then bake fifty minutes in a moderate oven. When baked, remove from the pans, place the loaves in a slanting position, cover with clean cloth until cold, then place in the bread box.

### Bread, No. 2

At night take a quart of scalded milk, two quarts of flour, three tablespoonfuls of liquid yeast, or half a cake of compressed yeast, and a tablespoonful of sugar. Mix together with a spoon. Cover with a cloth; stand in a warm room for the night. In the morning add a tablespoonful of salt and flour enough to make a soft dough; put it back in the bowl and let it rise again; it ought to double itself. Turn out and cut the loaves. Knead each one a little. Put in baking pans; let rise again, then bake.

### Home Made Rolls

1	yeast cake	1	heaping kitchen-spoonful
1	Irish potato (large)		shortening
4	tablespoonfuls sugar	1	teaspoonful salt
	6	cupfuls	flour

Soak yeast cake in three-fourths cupful lukewarm water; boil potato thoroughly tender. Put lard, sugar and salt in mixing bowl and pour in one teacupful of potato water and hot mashed potato. Add yeast.

Sift into the mixture sufficient flour to make as stiff batter as can be worked with a spoon. Set aside in a warm place to rise until light and spongy. Add more flour and work into a soft dough. Roll out, cut with biscuit cutter, smear with melted butter and fold. Place in baking pan, not touching. Let rise to double the size. Bake in moderate oven. When just beginning to brown smear with melted butter. Makes four dozen rolls.



### Old Virginia Loaf Bread

Boil one large Irish potato until done, peel and mash fine; add a little cold water to soften it, stir into it a teaspoonful of brown sugar, a tablespoonful of lard, and three tablespoonfuls of liquid hop yeast. Mix all the ingredients thoroughly and put the sponge in a close jar; cover and let stand several hours to rise. Sift into the tray three pints of flour, to which add a teaspoonful of salt, then pour the sponge in, with enough tepid water to work into a stiff dough; knead until smooth and let stand over night to rise. In the morning, make into loaves, allow it to rise one hour and bake.

### Parker House Breakfast Rolls

Two quarts of flour, half a cup of sugar, half a cup of butter, half a cup of liquid yeast. Mix these ingredients with fresh sweet milk until you have a nice, light dough, about the same consistency as bread dough. Let them stand in a warm place; if made after dinner, and to be used at tea time, four hours will be sufficient length of time for them to rise. Let them stand in a cooler place if made over night to be used for breakfast. When the dough is light, take about as much as for an ordinary biscuit and roll it out in any desired size, spread on one-half of the piece of dough a little soft butter, lap over the other half, and when they have risen again, and are baked in a "quick oven" they are delicious, making the famous "Parker House Rolls."

### Tea Rolls

At noon, boil two good sized Irish potatoes; mash fine, and mix with it one yeast cake, one tablespoonful of sugar and one of salt; set to rise; it should be very light by evening; then add one pint of warm water, two tablespoonfuls of lard and flour enough to make a sponge; in the morning knead, roll out, cut with a biscuit cutter, spread with butter, fold together, let rise until very light and bake; serve hot for tea.

**Sally Lunn**

Beat two eggs very light. Sift into this one pint of flour and make a very stiff batter with sweet milk; put in a little salt, a tablespoonful of melted butter or lard, even teaspoonful of soda and two of cream of tartar, each dissolved in a little water; put these in last. When done, split open and butter.

**Sally Lunn, Made with Yeast**

One pint of sweet milk, a large tablespoonful of butter, four eggs, a tablespoonful of dry yeast; sift in enough flour to make a batter as thick as waffle batter. Make up at three o'clock for tea; and set aside to rise.

**Bread Made with Compressed Yeast**

Dissolve one cake of compressed yeast in two teacupfuls of warm water. Sift one heavy quart of flour with three teaspoonfuls of sugar, and one of salt. Rub into the flour one heaping teaspoonful of lard; then mix well with the water and yeast, and place, well covered, in a warm place to rise.

Make into loaves for bread; or rolls, or bread sticks, using just enough flour on the hands to keep from sticking. Put them in a greased pan and keep them in a warm place until ready to bake. The tops should be lightly greased with melted butter.

**Health Bread**

- |   |                       |                    |                        |
|---|-----------------------|--------------------|------------------------|
|   | 1                     | cupful flour       |                        |
| 2 | cupfuls bran          | $\frac{1}{2}$      | level teaspoonful salt |
| 1 | cupful corn meal      | 3                  | cupfuls milk or cream  |
| 1 | cupful cream of wheat | $\frac{1}{2}$      | cupful molasses        |
|   | 2                     | level teaspoonfuls | baking powder          |

Put the bran into a basin, add corn meal, cream of wheat, flour sifted with baking powder and salt, and molasses mixed with milk. Beat well, and pour into large, well-greased mold—cover and steam steadily for eight hours.

### How to Make Scotch Cakes

Two quarts of flour, sifted with a teaspoonful of salt. One cup of fresh, liquid yeast, three teacupfuls of fresh sweet milk and three eggs. Mix three-fourths of the flour (three pints) into a batter with the eggs, milk and yeast, and beat it well. Into a clean, dry tin bucket, sprinkle half of the remaining pint of flour, over this pour the batter. Sprinkle lightly over it the remainder and set it by to rise. Do this about dark and at nine o'clock the batter will have risen up through the flour. Empty the contents of the bucket into a tray and mix and knead it well. Put it back into the bucket and let it rise until morning, then work into the dough a large tablespoonful of butter. Mold into large-sized biscuits, flatten with the rolling pin to nearly an inch in thickness. Grease a pan and put them in it to rise again; when light, bake in a quick oven and serve at once. A delicious bread for breakfast.

### Nut Cakes When We Were Children

Heat a pint of milk just lukewarm. Stir into it a teacupful of lard. (The lard should be melted.) Stir in flour till it is a thick batter, then add a teacupful of liquid yeast. Set in a warm place. When light, work in two and one-half teacupfuls of powdered sugar, four eggs beaten to a froth, two teaspoonfuls of cinnamon and one of salt. Knead into it sufficient flour to roll it out; put in a warm place to rise again. When it appears of a spongy lightness, roll out about half an inch thick. Cut into cakes with a wine glass and set aside. Now put in a porcelain-lined pot over a brisk fire two pounds of lard; when this is boiling hot a blue smoke will rise; the cakes will now be ready to cook; drop in a few at a time and when they are light brown, take out with a wire dipper. If liked, as they are removed from the lard dip them in powdered sugar. The lard must not be allowed to burn; a piece of Irish potato dropped in occasionally will help to keep the lard clear, and will not affect the taste of the cakes.



### **Twist**

Into one quart of flour rub one tablespoonful of sugar, one of butter, and one teaspoonful of salt. Add one egg, one small teacupful of liquid yeast, and mix to a soft dough with milk-warm water. When it rises well, knead thoroughly, and set to rise again. When it has risen well, knead again. Break into twelve pieces, and with the hands mold about ten inches long, letting each piece be larger in the middle than at the end.

Now lay one piece across another and twist from the middle towards the ends, pinching the ends together to keep them from separating. Have a baking pan well buttered, and lay each twist in nicely, far enough apart not to touch when risen. Let them rise for half an hour, and bake quickly in a well-heated oven. Each piece of dough, before being twisted together, must be rubbed over with melted butter so that the twist will separate when well baked.

### **Plate Tea Rolls**

Roll light-bread dough quite thin. Spread with soft butter then with chopped dates. Roll the dough up, and cut with a sharp knife. Lay in a buttered pan, let them rise, then bake.

### **Pop-overs**

One cup of sifted flour, three eggs, one cup of milk, two teaspoonfuls corn starch. Beat the yolks with the milk; add salt and whites, beaten very stiff. Put the flour and corn starch in bowl, stir in liquid and beat until perfectly smooth. Pour into hot well greased pop-over tins and bake for 15 minutes. Serve at once, since they fall rapidly.

### **Nut Bread**

Two cups white flour, two cups graham flour; one cup nuts; one and a half cups sweet milk; one egg; one teaspoonful salt; one cup brown sugar; four teaspoonfuls baking powder. Let set in greased pan for twenty minutes. Then bake one hour in slow oven.



**Salt Rising Bread**

Scald one teacupful of sweet milk; stir in half a level teaspoonful of salt and a heaping teaspoonful of corn meal. Put in a warm place to stay over night. Next morning stir into this a light pint of flour, using a little warm water to make the yeast the consistency of cake batter. Let this rise. This should not take more than an hour and a half. Sift six pints of flour. Reserve one quart of this to work up with. Work into the rest of the flour lard the size of a hen egg, then pour in the yeast. If while mixing, the dough seems to be getting stiff, work in a little water. (The dough for salt risen bread must never be stiff.) Now work hard for half an hour, make into pones and set to rise in a warm place, being careful not to expose to draughts. This should rise in half, or three-quarters of an hour. Bake quickly.

**Bran Bread**

5	cupfuls bran	1	cupful of lard
2	qts. flour	1	pint of sweet milk
$\frac{3}{4}$	cupful sugar	1	cake compressed yeast
1	heaping tablespoonful salt	$\frac{1}{2}$	cupful tepid water

Sift the flour, mix with the sugar and salt. Add the bran and mix in. Add lard. Scald sweet milk and pour over. Mix thoroughly with a kitchen spoon. Meanwhile dissolve yeast in tepid water and add to the dough. Use enough tepid water to make a stiff dough. Work thoroughly, and set to rise over night. Work again next morning and let rise the second time. Bake one hour in a slow oven. This recipe is sufficient for three large loaves. This bread makes delicious toast.

**Nut Bread**

1	egg	1	cupful nuts
1	cupful sugar	4	teaspoonfuls baking powder
$1\frac{1}{2}$	cupfuls milk		
4	cupfuls flour		Salt

**Rusks for the Morning Table**

Mix together one pint of warm sweet milk, one teaspoonful of salt, the beaten yolks of three eggs, three pints of flour, and one cake of yeast, or one teacupful of good liquid yeast. Put the whites in a teacup and set aside in a cool place for use next morning. Beat the sponge well and set it to rise over night. In the morning, cream half a pound of butter with three-quarters of a pound of granulated sugar, add three egg whites beaten to a stiff froth, and half of a level teaspoonful of soda, dissolved in a teaspoonful of boiling water. Mix into the dough thoroughly, at the same time kneading in one pint of flour. Set it to rise again. Then mold into rolls, flatten out somewhat with the rolling pin, put in buttered pans, and when light prick with a fork, and bake in a quick oven.

**Brown Bread**

Two coffee cupfuls of graham flour, two of corn meal, and two of buttermilk; two tablespoonfuls of butter, two teaspoonfuls of soda, and one of salt. Grease three one-pound baking powder cans, and put the mixture in them. Steam two hours, and then put in the oven and bake half an hour.

**Rice Popovers**

1	pt. cold boiled rice	2	level tablespoonfuls sugar
$\frac{1}{4}$	lb flour	2	eggs (separated)
2	teaspoonfuls baking powder	1	pt. milk
		1	level teaspoonful salt

Mash the rice until smooth. Sift the flour, baking powder, sugar and salt together twice. Beat the yolks of eggs, add the whites beaten to a stiff froth, and stir them into the rice. Then add the milk and flour alternately, and beat until smooth.

Have gem pans greased and a little flour sifted into each. Fill each two-thirds full with the mixture, and bake in a hot oven for fifteen minutes. Serve hot with butter or maple syrup. Also as a dessert with preserved fruits. This recipe makes 20 popovers.

### Rye Bread

When making the regular supply of bread reserve one pint of very light wheat flour sponge, add a level teaspoonful of salt, a heaping teaspoonful of brown sugar and rye flour to permit kneading. Knead well. When light, mold into loaves; let rise again till more than double its first size, brush the top with melted butter and bake one hour in a moderate oven. A delicious bread, with a crust as tender as cake.

### French Rolls

4 cups of sifted flour, 4 tablespoonfuls corn starch, 3 tablespoonfuls butter, one-fourth yeast cake dissolved in warm water, two and a half cupfuls of milk, one egg, salt. Cook milk and butter until it comes to a boil. Add the yeast and egg, well beaten. Sift the flour, cornstarch and salt, and add gradually to the mixture. Beat well, form into rolls, handling as little as possible; butter and bake.

### Delicious Popovers

2	eggs	1	teaspoonful baking powder
1	cupful milk	1	cupful flour
	$\frac{1}{2}$		teaspoonful salt

Mix flour, baking powder and salt together and sift them twice into a basin. Beat up eggs and add them gradually with milk to flour mixture; rub through a strainer or sieve and divide into hot, well-greased pop-over molds. The molds should be a little more than one-half full. Bake for thirty-five minutes in a moderate oven. The oven door should be kept closed until the mixture has a firm enough crust to keep its shape when the door is opened. These popovers come out of the oven rich brown puffs which may be eaten hot with sugar and cream, with maple syrup, or with butter and berries. When these are filled with whipped cream, custard, or blanc mange, they make an excellent dessert.

**Nut Bread**

1	cupful nuts	1	cupful sweet milk
2	cupfuls flour	1	teaspoonful salt
$\frac{1}{2}$	cupful sugar	2	teaspoonfuls baking powder
1	egg		

Mix dry ingredients. Add milk and eggs and bake as an ordinary loaf of bread.

**Rolls**

1	compressed yeast cake	$1\frac{1}{2}$	tablespoonfuls butter
$\frac{1}{4}$	cupful tepid water	$\frac{3}{4}$	teaspoonful salt
$\frac{3}{4}$	cupful milk	3	cupfuls flour
	1	tablespoonful	sugar

Scald the milk and add the sugar, butter and salt. Cook it until tepid and then add the yeast dissolved in the warm water, and beat in half the flour. Continue stirring until it is smooth. If not stiff enough to knead, add a little more flour. Knead until elastic, then set to rise in a bowl oiled with butter. Cover, and when doubled in bulk, shape as desired. Place an inch apart on a baking-pan, rubbed with butter, let rise until doubled in bulk, bake in a hot oven about fifteen minutes, then rub over with butter.

These rolls may be completed in about three hours, by omitting the first rising, shaping the rolls after they have first been kneaded, but the texture is not as fine, nor the flavor as good.

**Brown Bread**

Take three quarters of a cupful of buttermilk, the same of sweet milk, half a cupful of sugar, one-third cupful of syrup, three-quarters of a cupful of corn meal and one and a half cupfuls of unsifted flour. Use a teaspoonful of soda and salt to taste, with butter the size of a walnut. Mix into a batter about the consistency of cake batter and boil for three hours.



## BISCUIT

### Plain Biscuit

One quart of flour, one teaspoonful of salt, one large tablespoonful of lard. Make a stiff dough with cold water; then beat until soft and smooth. Bake in a moderate oven.

### Beaten Biscuit

One pound of flour, one-quarter of a pound of lard, one teaspoonful of salt, dissolved in a teacupful of cold water. Make a very stiff dough, beat well (ten minutes), adding flour if it becomes soft too quickly. Roll nearly half an inch thick, cut, stick with a fork, place in a pan and bake for half an hour. The oven must not be too hot.

### Beaten Biscuits (Sweet Milk)

One pound of flour, one-quarter of a pound of lard, teaspoonful of salt dissolved in a teacupful of cold sweet milk. Make a very stiff dough, beat well (ten minutes), adding flour if it becomes soft too quickly. Roll nearly half an inch thick, cut, stick with a fork and bake for half an hour. The oven must not be too hot.

### Very Light Buttermilk Biscuits

One quart of flour, one kitchen-spoonful of lard; one teaspoonful of salt, dissolved in the buttermilk; one teaspoon level full of soda, and one-half teaspoonful of good baking powder, sifted in the flour. Stir in enough buttermilk to make a dough soft as can be handled. Roll, cut and stick quickly, and bake in a hot oven. Cut the biscuit small.

### Buttermilk Biscuit

One quart of flour, one teaspoonful of salt, kitchen-spoonful of lard (heaping); good level teaspoonful of soda sifted in the flour—enough buttermilk to make the dough as soft as can be handled. Work as little as possible; roll, cut, stick and bake in a quick oven.

**Soda and Cream of Tartar Biscuit, No. 1**

One quart of flour, one teaspoonful of salt, one level teaspoonful soda, one heaping teaspoonful of cream of tartar, one kitchen-spoonful of lard and two teacupfuls of fresh, cold sweet milk. Put together as usual; handling as little as possible. The dough should be very soft; if too stiff, add more milk. Roll out quickly, cut, and bake in quick oven.

**Soda and Cream of Tartar Biscuit, No. 2**

One quart of flour, one level teaspoonful soda, and two of cream of tartar sifted with the flour; one table-spoonful of salt, dissolved in one teacupful of cold water; make a soft dough. Handle as little as possible. Roll, stick and cut. Bake in a hot oven.

**Baking Powder Biscuit, No. 1**

Take a quart of flour, a teaspoonful of salt, two heaping teaspoonfuls of baking powder, a large table-spoonful of lard or butter, a pint of ice-cold sweet milk. Sift together the flour, salt and baking powder; mix in thoroughly the lard; add the milk. Flour the board; turn out the dough, and roll half an inch thick, handling as little as possible. Bake in a hot oven.

**Baking Powder Biscuit, No. 2**

One pint of flour, one tablespoonful of lard, one heaping teaspoonful of baking powder, and one rounding teaspoonful of salt. Sift flour, salt and powder together, mix in the lard, and make a moderately soft dough with about one tumbler of cold water. Mix with a spoon. Roll, cut and stick with a fork, and bake in a quick oven.

**Maryland Biscuit**

One-quarter of a pound of lard, one quart of flour, rubbed well together. Mix very stiff with cold water; knead until it is pliable, and makes a popping sound under the hands as the air bubbles break, and until you can pull it down in long thin strips. These tests are

infallible, but you have to knead hard and long before the dough will answer to them. When it does you can make the biscuit. Break off pieces about the size of an egg. Mold them into round balls, and roll three-quarters of an inch thick with a rolling-pin. Stick through and through five or six times with a fork. The oven must be well heated, but not too hot, or they will be underdone in the middle and all of their excellence ruined. They will cook in twenty minutes if the oven is properly heated. A quart of flour makes twenty-four biscuits of ordinary size.

### Quick Cream Biscuit

Two teacupfuls of sifted flour, half a cupful of cream, two teaspoonfuls of baking powder, one of sugar, a level teaspoonful of salt. Sift the flour, sugar, salt and baking powder together; then add the cream and one well-beaten egg, mixing all together with a silver knife. Handle the dough as little as possible while making it into small round cakes. Bake in a hot oven for about ten minutes. This quantity will make about a dozen biscuits.

### Biscuits

2	cupfuls flour	2	tablespoonfuls butter or
4	teaspoonfuls baking powder	1	tablespoonful each butter and lard
1	cupful milk	1	teaspoonful salt

Mix the flour, baking powder and salt and sift into a basin; add butter or lard, and chop with a sharp knife until mealy. Add milk gradually until mixture is soft and spongy. Turn onto a slightly floured baking board and roll lightly until of a uniform thickness, about one-half inch. Cut with a floured biscuit cutter, place on a greased tin and bake for twelve to fifteen minutes in a quick oven. Biscuits should always be separated on the pan, as they will be more delicate and lighter than when placed closed together. Recipe makes one dozen biscuits.



**Wheat Gluten Flour Biscuit**

One teacupful of forty per cent gluten flour, one rounding teaspoonful of baking powder, half teaspoonful of salt, two-thirds teacupful of thin cream. Sift the salt, baking powder and flour together; mix to a very soft dough with the cream, using a spoon. Sift some flour on the rolling board, turn out the dough, sift more flour over it and roll half an inch thick; cut and stick the biscuit, lift from the board to the baking pan with a battercake turner, and bake in a moderately quick oven twenty or twenty-five minutes.

The gluten flour swells almost as much as meal in mixing, necessitating the use of more liquid than ordinary flour.

**Potato Biscuit**

Wash and boil six small sweet potatoes with peeling on. When soft, take them out, peel and mash through a coarse sieve. Sift one quart of flour, and with it one level teaspoonful of soda; add one pint of the potato (to which has been added a heaping teaspoonful of sugar), one kitchenspoonful of lard, salt and buttermilk to make a rather stiff dough; mix thoroughly and bake in a quick oven. They should be eaten hot, with butter.

**Peanut Butter Biscuits**

4	teaspoonful baking powder	1	tablespoonful lard
2	cupfuls flour	3	tablespoonfuls peanut butter
$\frac{1}{4}$	teaspoonful salt	Enough milk to make soft dough	
1	tablespoonful sugar		

Sift the flour, baking powder, salt and sugar into a bowl. Cut in the lard and peanut butter with a knife, or rub them with tips of the fingers. Beat eggs and add them with sufficient milk to make a soft dough. Turn out on a floured baking board, knead lightly, roll out, cut with a cutter, brush over with a little beaten egg, sprinkle with sugar, and bake from twelve to fifteen minutes in a moderate oven.



### **Sweet Potato Biscuit**

Wash and boil four medium sized sweet potatoes. Mash; stir into a batter, made with one pint of corn meal, one teacupful of buttermilk, two tablespoonfuls of melted lard, one teaspoon level full of salt, and the same of soda sifted and beaten into the batter just before stirring in the potatoes. Mold and bake until a rich brown.

### **Egg Biscuit**

Take one pound of flour; wet nearly all of it to a paste with the beaten whites of two eggs; beat the dough and roll out thin; work in half pound of butter or fresh lard, placing it in small bits on the dough, flouring, folding and rolling out again until all is used. Move the rolling pin always from you. Cut out in small squares, or with a tumbler, stick and bake in a quick oven.

### **The Favorite Naples Biscuit**

One pound of XXXX sugar, one pound of flour sifted several times and dried; one dozen eggs and one teaspoonful of finely powdered mace. Beat the yolks and whites separately very light. Add the sugar to the yolks and beat well. Then add the whites alternately with the flour. Bake a light brown and sift white sugar over them.

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## **CRACKERS**

### **My Premium Crackers**

Two pints of sifted flour, a teaspoonful of lard, rubbed well together; make into a very stiff dough, with a teacupful of cold water, in which has been dissolved a teaspoonful of salt. Beat until smooth and divide into four equal parts; roll each piece until twelve inches square, cut into three inch squares, stick with a fork; line the bottom of a pan with white paper, greased slightly. Put in the crackers and bake three or four minutes, in a quick oven.

### **Light and Dainty Crackers**

Take a piece of well-risen light bread dough about the size of a half pint cup. Work into it a piece of fresh butter the size of a walnut. When it is all worked in, break the dough into bits as large as a nutmeg. Flour the board well and roll very thin. Stick with a fork all over and bake quickly a pale brown. Do not scorch them in the least. These crackers are entirely different from those made with unrisen dough and are especially nice for an invalid who has wearied of the taste of other bread.

### **My Premium Crackers**

Rub one tablespoonful of butter into one pint of flour to which has been added one teaspoonful of salt; then work up with enough sweet milk to make stiff dough; roll very thin, cut into three-inch squares, and bake on writing paper.

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## **WAFERS**

The irons must be rubbed (while hot) with salt and a dry cloth to prevent the wafers sticking. Grease well the first time, thrust into the hot coals for a minute, then remove; put back into the coals of fire; let the wafers bake until a very light brown. If sweet wafers, roll from the iron.

### **Plain Wafers**

Two teacupfuls of flour, two eggs, one tablespoonful of melted butter, sweet milk to make a rather stiff batter; add a level teaspoonful of salt, beat thoroughly and bake in hot slightly greased wafer irons.

### **Victoria Wafers**

One pint of sweet milk, one teaspoonful of salt, one teaspoonful of butter or two of melted lard. Flour enough to make a very thin batter. The wafer irons should be very shallow.

**Corn Meal Wafers**

Three tablespoonfuls of sifted corn meal, one tablespoonful of flour, one of melted lard, salt to taste, sweet milk to make a thin batter. These must be eaten immediately, as they soon become tough.

**Sweet Wafers**

One teacupful of sugar, three eggs, two teacupfuls of sifted flour, one tablespoonful of butter. Mix as for cake batter. Bake in hot, lightly-greased wafer irons.

**Fruit Wafers**

Raspberry, strawberry, lemon and vanilla wafers may be made by using the recipe for sweet wafers and flavoring with the extract of fruit desired.

**WAFFLES****Flour Waffles**

One teacupful of flour, one teacupful of buttermilk, one tablespoonful of melted lard, one egg, half a level teaspoonful of soda and one teaspoonful of salt.

**Rice Waffles**

One teacupful of boiled rice, one teacupful of meal, one teacupful of buttermilk, one egg, well beaten, two-thirds level teaspoonful of soda, sifted into the batter, level teaspoonful of salt; beat thoroughly; stir in last, one tablespoonful of melted lard. Bake in hot, well-greased irons.

**Waffles, No. 1**

One teacupful of flour, one teacupful of meal, one egg, two teacupfuls of buttermilk, two tablespoonfuls of melted lard, one level teaspoonful each of salt and soda. Mix the flour and meal with half the milk; beat in the egg, add rest of milk; dissolve soda in a little water and stir in, beat well, add salt, then the lard last. Beat thoroughly and bake. Have the waffle irons clean and hot; grease well the first time.



### **Waffles, No. 2**

One pint of flour, one and one-half pints of buttermilk, three eggs, one level teaspoonful of soda, one heaping teaspoonful of baking powder, three tablespoonfuls of melted lard. Break the eggs into the milk, then sift in flour, salt, baking powder and soda. Beat until smooth with an egg-whip, then add the melted lard and beat it in. Have waffle irons hot; grease well before putting in batter. Then put in two kitchen spoonfuls of batter in the center of the irons, close and turn them once. Bake, not too fast, until thoroughly done. They will be crisp, and never limp if baked well. Never grease the irons after the first time unless the waffle burns. If the milk is very sour, more soda will have to be used, or use one pint of buttermilk and half pint of sweet milk.

### **Hominy Waffles**

Beat two eggs two minutes; add one teacupful of hominy, half teacupful of flour; then one teacupful of buttermilk, another half teacupful of flour, two-thirds level teaspoonful of salt, same of soda, sifted into the batter; beat thoroughly and stir in last, one tablespoonful of melted lard or butter.

### **Martha Washington Waffles**

This is a recipe from Mrs. Washington's kitchen. Beat six eggs very light, sift in a quart of flour, add a teaspoonful of salt, a pint and a half of new milk, and three tablespoonfuls of yeast. Beat well; set to rise over night, stir with a large spoon in the morning and bake in well greased waffle irons.

### **Old Fashioned Waffles**

Mix one quart of sweet milk with two and a half teacupfuls of flour and one of meal; add a tablespoonful of salt and a tablespoonful of melted butter or lard. Add last, three eggs, well beaten. Bake at once in well-greased irons.



### Waffles Light as Air

To one quart of flour add one pint of warm (not hot) cornmeal mush, salt to taste, seven eggs beaten light, separately, one teacupful of sweet cream and fresh milk sufficient to make a thin batter. Stir the cream and beaten egg yolks into the mush; then add the flour and fresh milk, stirring well and mixing perfectly smooth.

The egg-white, beaten to a stiff froth, should be added just before cooking. The batter should be as thin as buttermilk, and the waffle irons well heated and thoroughly greased.

No waffles could be nicer than these; if made exactly according to directions. Raw meal will not do; it must be made into mush, the eggs must be beaten light and the batter must be thin.

## TOAST

### Dry Toast

Cut light bread in thin slices, place in the oven; brown a light brown on both sides, then butter and return to the oven for a few minutes to melt the butter. Serve on plate covered with napkin.

### Bars of Toast

Remove crust from bread, cut in thin slices, then into strips half an inch wide. Set in oven to brown (a pale brown). Butter or not, as you like.

### Croutons, No. 1

Cut slices of bread half an inch thick from a stale loaf, and stamp them out in small rounds; soak these in beaten egg, and cover entirely with a savory mixture composed of finely minced parsley, onions, salt, cayenne and grated cheese; then fry in boiling lard until colored a golden brown, and nice and crisp. Lay the croutons on a blotting paper for a minute, to thoroughly drain off all the fat, previous to putting them into the soup.

**Croutons, No. 2**

Cut stale bread in fourth-inch slices, brush with melted butter, cut in squares, toast in the oven, and sprinkle slightly with salt.

**Croutons, No. 3**

Cut stale bread in cubes and fry in plenty of butter, in a deep kettle, heating it so that a cube of bread will brown in it in forty seconds. When brown, drain the frying basket a moment, dip out the croutons onto crumbled paper, to drain further, and sprinkle them slightly with salt.

**Cheese and Egg Toast**

Put one cupful of cheese crumbs in half pint of sweet milk and boil until melted; add two eggs well beaten, with butter, pepper and salt to taste. Stir rapidly a few minutes; take from the fire; have ready the bread toasted, and the slices cut in quarters. Pour the cheese on and serve at once.

**Cheese Toast**

Crumb three biscuits, or slices of light bread in a baking dish. Break over it a quarter of a pound of nice, fresh cheese. Pour over it one cup of boiling water, slightly salted, and bake quickly.

**Another Cheese Toast**

Dissolve a half pound of cheese in a teacupful of hot water; grate a quarter of a pound of stale bread over the cheese and bake ten minutes.

**Cream Toast for Two**

Cut two slices of light bread, about half an inch thick and toast before the fire. Brown on both sides, and butter with a little fresh butter. Take four tablespoonfuls of fresh, rich cream, salt to taste. Just let the cream get hot, then pour over the toast in a warmed dish.

### **Cheese Toast, with Milk**

Place alternate layers of grated cheese and bread in a baking dish, pour over it fresh sweet milk to cover and break over the top a teaspoonful of butter. Bake ten minutes. Serve hot.

### **French Toast**

Use one egg to a cupful of sweet milk; add salt and pepper and beat well. Dip slices of bread in this and fry quickly in boiling lard. Sift over this a half cup of sugar, with a teaspoonful of cinnamon.

### **Toasted Crackers**

Split Boston crackers and toast over a hot fire until brown; or butter them lightly and brown them in a hot oven.

### **Cheese Crackers**

Take fresh snowflake or butter thin crackers; butter and grate cheese lightly over them. Put in oven and toast.

### **Tomato Toast, No. 1**

Stew a quart of tomatoes until you can mash them smooth with a spoon; season with pepper, salt and one teaspoonful of butter, and pour over slices of buttered toast.

### **Tomato Toast, No. 2**

Mash three large tomatoes, put in a stew pan with one teaspoonful of sugar and salt and pepper to taste. Cook half hour; add one teaspoonful of cracker crumbs. Remove from the fire as soon as well mixed. Have ready light bread toasted in two-inch squares. Place in deep, covered dish; pour over the tomatoes and serve.

### **Egg Toast**

Dip stale bread in milk or water that has a little salt in it; have ready a batter of two well beaten eggs and two tablespoonfuls of sweet milk. Dip bread in this and fry in boiling lard.



### **Tongue Toast**

Mince fine a cold, boiled tongue; mix with a half teacupful of cream and beaten yolk of an egg; simmer on the stove. Cut slices of bread, toast and butter them. Lay in flat dish, cover with tongue and serve hot.

### **Toast for Soup**

Stale biscuit, cut in half and toasted, are nice with chicken soup or broth; or with other soups when one's light bread has given out unexpectedly.

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## **CORN MEAL BREAD**

### **Sweet Potato Johnny Cake**

Take one pint of corn meal, and sift with half teaspoonful of salt. Rub into the meal a large tablespoonful of lard, next add to it one pint of smoothly mashed sweet potatoes. If the potatoes are not very sweet add a tablespoonful of sugar. Mix thoroughly to a rather soft dough, but not too soft to handle. Have the middle stave of a barrel head (oak wood) washed clean, rinse it, leaving it wet, and on this evenly spread the dough not quite out to the edges of the board. Dip a knife blade in cold water and with it smooth over the surface of the Johnny cake, and stick it with a fork as you would a biscuit. Set it before the fire with a brick or flat iron to support it. Let it brown nicely, then loosen it from the board by means of a coarse thread passed between the Johnny Cake and the board, close to the latter. Turn the board over and lay the brown side of the Johnny Cake down on it, again setting it before the fire to brown the other side. When that is done, cut it in three-inch wide pieces—there will be about five of them. Send to the table hot from the board, butter well and eat immediately. This is a delicious bread for a winter supper or breakfast. But it must be cooked by the reflection of the fire to have the genuine Johnny Cake taste.



### Georgia Hoe-Cake

One quart of meal, a teaspoonful of salt; mix with cold water, or buttermilk and soda if preferred. Make a very stiff batter; spread half an inch thick on griddle. Bake over quick fire.

### Johnny Cake

Scald white Indian meal which has been sifted, stir it thoroughly, add a little salt and cold milk to make it thin enough to turn into a baking tin, which must be greased to prevent it from sticking. Make it one inch thick in the pan and bake in a quick oven. It will take about twenty minutes to cook.

### Johnny Cake

One teacupful of flour; sifted with one teaspoonful of baking powder, and one cup of corn meal; half a teacupful of sugar, one of sour milk in which dissolve a half teaspoonful of soda, two eggs, and one tablespoonful of melted butter. Mix as one does any batter bread.

### Hot Corn Bread

Scald one quart of meal; add to it while hot, a tablespoonful of butter. Beat two eggs separately. Dissolve one teaspoonful of soda in two tablespoonfuls of warm water; then add to it one pint of sour milk, or buttermilk; add it to meal, beat; add next the yolks, then white of eggs and one teaspoonful of salt and bake in shallow pans for forty minutes.

### Corn Meal Bread Sticks

Two eggs, one pint of corn meal, half teaspoonful (level) of soda, and a level teaspoonful of salt; one pint of thick buttermilk, or clabber. Break the eggs into the milk, sift the meal, salt and soda in and beat thoroughly; bake in a hot, well greased bread stick pan or muffin pan as soon as mixed.

## MUFFINS

To be successful with muffins or batter breads, one must mix with care, beat well, have pans well greased and a hot oven. Muffin pans made of iron are the best. Ten minutes before filling they should be placed on top of the range, or stove, one teaspoonful of melted lard placed in each ring, and allowed to come to the boiling point, when a blue smoke arises; then fill the rings half full of batter. Let rise on top of the range; then place in the oven and bake until brown.

### Flour Muffins, No. 1

One pint of buttermilk, one pint of flour, one egg, two tablespoonfuls of melted lard, a level teaspoonful of soda. Beat the egg two minutes; add half of the milk, then the flour, then the rest of the milk; last, the melted lard and one teaspoonful of salt. Bake as directed at the head of the chapter.

### Flour Muffins, No. 2

Half a pint of unsifted flour, two eggs, half teaspoonful soda, one of baking powder, a pinch of salt, half pint of thick buttermilk, or clabber, and a large tablespoonful of melted lard. Break the eggs in the milk, and sift in the flour, soda, yeast powder, and salt. Beat thoroughly, then bake in hot, slightly greased, small muffin pans. An iron muffin pan is superior to those of tin or granite ware.

### Bran Muffins

$\frac{1}{2}$ cupful sugar	2	teaspoonfuls baking
1 tablespoonful butter		powder
1 tablespoonful lard	2	cupfuls bran
2 eggs (beaten together)	A	pinch of salt
	2	cupfuls flour

Milk and water to make a soft paste to drop off of spoon. Add broken walnuts and raisins.

### Delicious Muffins

Cream until very light one large tablespoonful of butter. Beat separately six fresh eggs. Stir the butter and yolks together; add one quart of flour and one quart of milk in small quantities, beating constantly. Stir in a heaping teaspoonful of salt and the white beaten to a stiff froth. Bake in well greased pans, in a very hot oven. Must be served at once.

#### Graham Muffins, No. 1

Break into a bowl one egg; add to this one pint of sweet milk, one teaspoonful of salt and one of sugar; then sift in one teacupful of white flour and one of graham, with one heaping teaspoonful of baking powder. Mix slowly, then beat until smooth; then beat in one tablespoonful of melted butter or lard; heat and grease the irons; fill each ring half full of the batter; let rise on top of the range, and bake in a quick oven. Serve at once.

#### Graham Muffins, No. 2

One teacupful of sour milk, or cream, quarter teacupful of sugar, two of graham flour, teaspoonful (level) of soda, one tablespoonful of butter, and one egg.

#### Nut and Fruit Muffins

$\frac{1}{2}$ cupful flour	1-3 cupful walnuts
3 level teaspoonfuls baking powder	6 dates
$\frac{3}{4}$ teaspoonful salt	1 egg
$\frac{1}{2}$ cupful brown sugar	$\frac{3}{4}$ cupful milk
1 cupful graham flour	2 tablespoonfuls lard (melted)

Mix and sift flour, baking powder, salt and brown sugar, add graham flour, nuts cut in pieces, and dates washed, stoned and cut in pieces. Mix well, add egg beaten well, milk and shortening. Beat thoroughly, bake in twelve greased muffin cups in a hot oven for eighteen or twenty minutes.



**Nut Graham Muffins**

2	teaspoonfuls baking powder	2	tablespoonfuls butter
1	cupful graham flour	1	cupful brown sugar
2	cupfuls flour	1	cupful nut meats (chopped)
1	teaspoonful soda	1	egg
1	teaspoonful salt	2	cupfuls sour milk

Mix flour with graham flour, baking powder, soda and salt, sift twice into a basin, add butter and rub it in finely with tips of fingers, then add sugar, nuts, eggs well beaten, and milk. Mix well and divide into greased and floured muffin tins and bake in a moderate oven for 15 to 20 minutes. Sufficient for twenty-four muffins.

**Graham Muffins, Made with Yeast**

One teacupful of graham flour, two teacupfuls of warm water, half teacupful of liquid yeast, half teacupful of molasses, a level teaspoonful of soda, and the same of salt. Mix the water and molasses, and stir into the flour (sift, if desired), add the yeast, then the salt and beat five minutes; then set to rise for six hours. Then stir in the sifted soda; beat one minute, put in hot, well-greased muffin rings and cook quickly in hot oven.

**Rice Muffins**

Take five tablespoonfuls of corn meal, five tablespoonfuls of boiled rice, six tablespoonfuls of flour and two eggs, well beaten; make into a batter, with a teaspoonful of soda, mixed with sour milk enough to make a good batter.

**Corn Meal Muffins, No. 1**

One egg, well-beaten; to this add one teacupful of buttermilk; then one pint of corn meal, one teaspoonful of salt and another teacupful of buttermilk, with one even teaspoonful of soda, sifted and stirred in well. Place pans (iron preferred) on top of range or stove; place in each division a teaspoonful of melted lard and let come to a boiling point; when a blue smoke rises, fill each division half full; let rise while on top of range; then place in the oven and bake quickly.



### Corn Meal Muffins, No. 2

One tablespoonful of butter, two teacupfuls of corn meal, four eggs, two heaping teaspoonfuls of baking powder, one level spoonful of salt and three teacupfuls of sweet milk. Beat the eggs thoroughly, add the milk, then sift in the meal, sugar and baking powder. Beat thoroughly, and cook in hot, slightly greased muffin pans.

### Gems

One cup of meal, one cup of flour, one cup of sour milk and one-half cup of sugar, one tablespoonful of butter or lard, one teaspoonful of salt, two-thirds of a teaspoonful of soda and two eggs. Beat the eggs, add the sugar, then the butter and salt; next, the milk, with the soda dissolved in it; stir in flour and meal; beat hard. Bake in quick oven, as directed at the head of this chapter.

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## BATTERCAKES

In making battercakes put the lard to be used in the cakes; then grease the griddle one time for the first baking. In baking the cakes, to prevent sticking, rub the griddle when hot with a dry cloth and a teaspoonful of salt. Never have greasy battercakes. They are neither appetizing or healthful.

### Corn Meal Battercakes, No. 1

One egg, four tablespoonfuls of corn meal, one pint of sweet milk and a level teaspoonful of salt. Beat the egg one minute; stir in a little meal, then the milk and salt, and the rest of the meal. Bake on a hot, well greased griddle. The batter must be rather thin to make the old-fashioned cakes.

### **Corn Meal Battercakes, No. 2**

Three teacupfuls of corn meal, two eggs, enough sour buttermilk to make a moderately stiff batter; and soda in the proportion of a level teaspoonful to a pint of buttermilk. Beat the eggs a minute, stir in a cupful of the milk, sift the meal, stir in well; add as much more milk as is necessary, being sure to measure, to be sure of the quantity of soda required. Now sift the soda into the batter, salt to taste, beat well and bake. They should be baked in a regular battercake baker, which molds the cakes, and has a lid or top, fitting closely.

### **Indian Griddle Cakes**

Scald one pint of yellow meal with just sufficient boiling water to moisten. Do not make it soft. When cold, add one cupful of corn flour, one pint of milk; beat and stir in three well beaten eggs; add one teaspoonful of salt and two teaspoonfuls of baking powder. Bake on a hot griddle.

### **Wheat Bread Sticks**

When making light bread, allow a pint of flour extra, to be made into bread sticks for tea or dinner. When the bread is ready to set to rise the last time take the dough allowed for this, and roll out as for biscuit, letting it be four or five inches wide, and half an inch thick. Cut this into strips half an inch wide, and place a strip in each mold in the bread stick pan. Rub over with melted butter and set to rise; when they are even with the top of the pan, bake in a moderate oven.

These may be served with a meat course at dinner, or for tea or lunch. The iron bread stick pans may be purchased at any hardware store, and before using should be washed and dried thoroughly, then slightly greased.

**Buttermilk Battercakes**

One pint of meal, two-thirds of a pint of flour, one tablespoonful of melted lard, one and a half pints of buttermilk, one and a half level teaspoonfuls of soda, sifted, and one egg. Beat the egg well, add half the milk and a teaspoonful of salt. Stir in the meal and flour, sifted together; then the rest of the milk, the lard, and last, the soda, well sifted. Fry on hot, lightly greased griddle. Brown on both sides.

**White Flour Griddle Cakes**

- |   |                                  |   |                      |
|---|----------------------------------|---|----------------------|
| 4 | level teaspoonfuls baking powder | 3 | eggs (separated)     |
|   |                                  | 2 | cupfuls milk         |
| 3 | level cupfuls flour              | 1 | tablespoonful butter |
|   | 1 level teaspoonful salt         |   |                      |

Melt the butter. Mix flour, baking powder and salt together, and sift into a basin. Beat up yolks and whites of eggs separately. Add yolks to the milk, then add the butter. Gradually add the flour and beat up into a smooth batter, then fold in whites of eggs. Turn batter into a wide-mouthed pitcher and pour onto a hot, well greased griddle, to the size of a saucer. When nicely browned on one side turn with a cake turner. When nicely browned on the other side remove to a hot dish. Serve hot with butter and syrup.

Sufficient for twenty-five griddle cakes.

**Sweet Milk Battercakes**

Two teacupfuls of flour, one teacupful of meal, two eggs, a tablespoonful of melted lard, a teaspoonful of salt, two and a half teacupfuls of sweet milk and a heaping teaspoonful of baking powder. Now, beat the eggs two minutes; add a little of the flour and meal, with which the salt and baking powder, have been sifted together; then more milk, then flour, etc., until all has been added. Then add the lard and beat thoroughly. Bake on lightly greased, hot griddle.



### Flour Battercakes

Beat two eggs two minutes; add one pint of buttermilk, a little at a time, alternating with the flour, a pint, with which sift a level teaspoonful of salt; when all is mixed, add a tablespoonful of melted lard, and sift in a level teaspoonful of soda; beat thoroughly and bake on a hot, slightly greased griddle.

### Breadcrumb Battercakes

One teacupful of sweet milk, half a teacupful of bread crumbs and one egg; soak the crumbs for one hour in the milk; add the egg, beaten separately, very light and a tablespoonful of flour. Bake on a griddle, slightly greased, and eat with sugar or syrup.

### Hominy Cakes

Take one cupful of boiled hominy, one egg, well beaten, one tablespoonful of sifted flour, one teacupful of sweet milk, salt to taste, one teaspoonful of melted butter or lard; mix well and fry on a hot, slightly greased griddle.

### Buckwheat Cakes

Two cupfuls of dark buckwheat flour, half a teacupful of corn meal, a half teacupful of liquid yeast, or half a cake of dry or compressed yeast, two teacupfuls of warm water, one teaspoonful of salt, one tablespoonful of molasses, or syrup, and a level teaspoonful of soda. Sift the flour and meal together; dissolve or mix, if liquid, the yeast in the water, which should be milk-warm; stir into the flour and meal; add the salt, pour in earthen bowl, jar or crock; cover with a thick cloth, or top; set in place where it will keep warm all night. It should rise and fall by morning, when add the level teaspoonful of soda, sifted, the egg, and the molasses. Try before sending to the table; if sour, add more soda, a pinch at a time, until sweet. The batter should be thoroughly beaten at night and when adding the soda in the morning. The molasses makes the cakes brown nicely.



### Good Flour Battercakes

One pint of flour, one of thick buttermilk, one egg, half of a level teaspoonful of soda, one level teaspoonful of salt, one teaspoonful of baking powder, and three tablespoonfuls of melted lard. Break the egg into a bowl, pour in the milk and sift into this the flour, the baking powder, and the soda; beat thoroughly, then stir in the lard.

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## HOMINY AND MUSH

### Big Hominy or Lye Hominy

Select firm, white corn; shell four quarts. Put this into a pot with a quart of lye, made of good hickory or oak ashes, or a quart of hardwood ashes, tied in a bag and water to cover the corn. If the lye is 'weak use without water. Boil until the eyes and husks will rub off the grains. Plunge into cold water and wash and scrub until the corn is white and clean. Boil in plenty of clean, cold water, adding salt, a rounding teaspoonful to each quart. Cook until every grain is tender. Put away in covered jars and when needed heat in a slightly greased, hot frying pan. Add butter and pepper, and serve hot.

Lye hominy makes a delicious accompaniment to fresh pork.

### Lye Hominy Fritters

Make a batter of half a cupful of sifted bread crumbs, two well beaten eggs and a half teacupful of sweet milk. Stir in enough hominy to make a stiff paste; add salt and pepper to taste. Make into cakes and fry in boiling lard.

### Fine Grits Boiled

Wash one pint of very fine grits through two waters. Pour over two quarts of boiling water and one teaspoonful of salt. Boil one hour at least, stirring frequently and thoroughly. Be careful not to let it scorch.

**Baked Hominy, No. 1**

Two teacupfuls of boiled hominy, one teacupful of sweet milk, two well beaten eggs, a pinch of salt and a little butter. Mix well, pour in a baking dish and bake in a hot oven, a delicate brown.

**Baked Hominy, No. 2**

Prepare as for croquettes, add one cupful of nuts, finely chopped, place in a baking pan, dust with bread crumbs and place small piece of butter on crumbs and bake.

**Fried Hominy**

Boil hominy, put in a dish, or mold; when cold and hard, cut in thin slices, dip in a flour batter, or meal, and fry in boiling lard. An egg added to the batter adds to the appearance of the hominy, making it a more delicate brown.

**Mush**

To one teacupful of corn meal, add half a teaspoonful of salt; moisten with cold water. Place on a fire, in a frying pan, five teacupfuls of boiling water; stir in meal, stirring constantly for fifteen minutes; then place on back of stove, to bubble steadily, one hour. Serve with butter, or milk and sugar if liked.

**Corn Meal Gruel for Invalids**

Two tablespoonfuls of meal, sifted, four teacupfuls of boiling water, which has been placed in a stew pan, over the fire. Stir in slowly the meal. Boil one hour, stirring constantly the first fifteen minutes, then occasionally until done.

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**OATMEAL**

Wash well in cold water to get out all trash. To one teacupful of oatmeal add two even teaspoonfuls of salt and one quart of water, hot or cold. Place in a porcelain lined kettle, or boiler if possible. When it begins to thicken, stir well; then let boil for three hours

without further attention, except to see that it does not scorch, keeping it closely covered. Serve when done in a covered dish; and at table with milk and sugar if liked, or butter.

### **Rolled Oats**

Put two teacupfuls of rolled oats in a double boiler; add one teaspoonful of salt and four teacupfuls of boiling water; boil half hour and serve with cream or sweet milk and sugar, or with butter.

### **Oatmeal Fried**

Put oatmeal, which has been cooked, into a mold wet with cold water. Let it stand until thoroughly cold; slice and roll in egg and bread crumbs and fry in boiling lard. Serve with butter and sugar or syrup.

### **Oatmeal Pudding**

Mix two ounces of fine Scotch oatmeal in a half teacupful of sweet milk; add to it two teacupfuls of boiling sweet milk. Sweeten to taste, and stir over the fire for ten minutes; then add two ounces of sifted bread crumbs; stir until stiff, then add one ounce of butter, and one or two well beaten eggs. Flavor with lemon or nutmeg, and bake in buttered dish slowly one hour.

### **Oatmeal Muffins, No. 1**

To one egg, beaten well, add one teacupful of oatmeal flour, in which a teaspoonful of baking powder has been sifted. Bake in hot, well greased muffin pans.

### **Oatmeal Muffins, No. 2**

Mix two teacupfuls of sour milk, or buttermilk, with two of oatmeal flour; add two tablespoonfuls of sugar and one even teaspoonful of soda, the same of salt. Sift the soda and mix with half the milk and add last. Beat well and bake in hot, well greased muffin rings.



**Oatmeal Gruel**

Half a teacupful of Quaker oats to one quart of boiling water, level teaspoonful of salt; wet the oatmeal with cold water, then stir into the boiling water. Boil slowly, half an hour, or until done, stirring well. Strain if desired.

**Boiled Oatmeal**

To one teacupful of oatmeal or rolled oats add one cupful of cold water and one even teaspoonful of salt. Place over the fire a stew pan, containing five teacupfuls of boiling water; pour in slowly the oatmeal, stirring constantly for fifteen minutes; then cover and set back where it will bubble steadily two hours.

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**CANAPES**

Canapes are made by cutting one-quarter inch slices of bread into squares, diamonds or circles. These pieces are then dusted lightly with butter and browned in the oven or fried in deep fat until a golden brown. They are then covered with a seasoned mixture of eggs, forcemeat or cheese. They are served hot or cold and usually take the place of oysters at dinner or luncheon.

**Anchovy Canapes**

6	anchovies	Few grains cayenne
2	hard boiled eggs	$\frac{1}{2}$ teaspoonful lemon juice
4	tablespoonfuls butter	6 slices bread
	$\frac{1}{4}$ teaspoonful salt	

Wash and bone the anchovies, pound them to a paste with the egg yolks, butter and seasonings; fry the bread, spread with the above paste; and sprinkle over them the whites of eggs chopped very fine.

**Ham Canapes**

$\frac{1}{2}$ cup minced ham	1 teaspoonful chopped parsley
2 tablespoonfuls butter	

Mix the ham, butter and seasonings to a smooth paste; cut the bread into circles, fry brown and spread with the ham mixture.





**Cheese Canapes**

- |               |                   |                   |
|---------------|-------------------|-------------------|
| 1             | cup grated cheese | Few grains pepper |
| $\frac{1}{4}$ | teaspoonful salt  | 6 slices bread    |

Cut the bread into circular pieces, sprinkle with a layer of grated cheese, season with salt and pepper; place on a baking sheet and bake in the oven or under the gas flame until cheese is melted. Serve at once.

**Clam Toast**

- |   |                  |               |                         |
|---|------------------|---------------|-------------------------|
| 2 | doz. small clams | 8             | slices toast (buttered) |
| 2 | eggs (yolks)     | $\frac{1}{4}$ | teaspoonful salt        |
|   | $\frac{1}{2}$    | cupful milk   | (scalded)               |

Clean the clams and cut into small pieces; simmer a few minutes. Beat the egg yolks, add slowly to the scalded milk, combine with clams; add seasoning, pour over buttered toast on a hot platter.

**Tomato Toast**

- |               |                      |               |                       |
|---------------|----------------------|---------------|-----------------------|
| 2             | tomatoes             | A             | slice of onion        |
| 2             | eggs                 | $\frac{1}{4}$ | teaspoonful salt      |
| 1             | tablespoonful butter | $\frac{1}{8}$ | teaspoonful pepper    |
| $\frac{1}{4}$ | cup minced ham       | 6             | rounds buttered toast |

Skin the tomatoes and chop; mince the onion and mix with the meat and tomatoes. Cook them with the butter in a saucepan about ten minutes, remove from the fire, add the beaten eggs, stir over the fire until it sets, then serve on the toast.

**Caviar Canape**

Toast one slice of bread and spread with caviar. Put a thin slice of hard boiled egg on top.

## SOUPS

To make good soups one must use lean, juicy meats; those with a good deal of bone giving the best flavor. The shin of a beef, with the bone well broken, or a knuckle of veal, makes the best beef soup. The proportion of water used, is one quart to each pound of meat. More may be added, if a rich soup is not desired. The meat should always be put on in cold water. When the water begins to boil, a scum will rise, which must be removed. When it looks clear, add the vegetables and seasoning. If more scum arises, remove it. Keep the vessel well covered. All soups must boil gently. Three or four hours is the length of time required for boiling meat soups. It is a good idea to make broth, or stock, once or twice a week in winter, thus saving the cook unnecessary trouble. Then, a good meat soup may be prepared in a short time—say half an hour.

Thin soup with boiling water; cold water injures the flavor. Vegetable soups are very popular and are easily and quickly made.

A large soup bone may be used twice (boiled two days in succession) and the soup is said to be better the second day.

The vegetables used in soups are corn, okra, tomatoes, onions, English peas, celery, asparagus, butterbeans, turnips, salsify, carrots, and Irish potatoes. The latter should be boiled before putting them in soup; the water in which they are boiled is considered unwholesome. To thicken soup use rice flour, bread or cracker crumbs, arrowroot, macaroni and eggs. Herbs most used for seasoning are parsley, thyme, sage, bay leaves, sweet basil, summer and winter savory. Spices: cloves, mace (or nutmeg) allspice, paprika, black, white and cayenne pepper. Clear strained soup, or bouillon, with the unbeaten white of an egg. To do this, remove

the vessel from the fire, stir in the egg, let boil up, skim and serve.

One tablespoonful of raw rice may be added to soup when first put on to boil. The rice should be thoroughly done, and when the soup is done, remove meats and herbs, but do not strain out the rice.

Serve with vegetable soups plain white bread, sliced daintily; with consomme or bouillon may be served croutons, bread sliced thin, cut in fancy shapes and toasted, water biscuit, butter crackers or small bread sticks.

### Seasonings

Sweet herbs, such as thyme, savory, marjoram, parsley, etc., may be dried in the fall and kept in air-tight cans. Celery roots or dried celery leaves are richer in flavor than the stalk. Celery seed or celery salt may be used instead of these. Spices, including cloves, allspice, whole pepper and stick cinnamon should always be kept on hand. Flour, corn starch, arrow-root, tapioca, sago, pearl barley, rice, bread, or eggs are added to soups to give consistency and nourishment.

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## SOUP STOCK

### Brown Stock

Brown in a soup kettle two tablespoonfuls of butter, to which add, cut into small pieces, two pounds of lean beef and an equal amount of the meat from a knuckle of veal. Stir over the fire five minutes, then cover closely and stew gently for half an hour. Add two quarts of cold water to this, and let the whole simmer for four hours. Cut an onion, a small carrot and a stalk of celery into dice and add these and a sprig of parsley to the stock, and cook very slowly for an hour longer. Strain through a fine sieve, and when cold remove the fat which will have caked upon the top.



To prepare for serving, let the stock come to a boil, add salt and pepper to taste and the beaten white and shell of one egg, thoroughly mixed with a cup of cold water; boil hard for ten minutes. Throw in another half cup of cold water, let the soup boil again for five minutes, strain into a heated tureen and serve with very small squares of toasted bread.

### **Vegetable Stock**

The water in which vegetables have been boiled is rich in mineral salts and flavoring. This is known as vegetable stock and should be used whenever possible. Water in which macaroni, rice, barley, etc., are cooked is rich in starch and sugar products and should be retained for soup.

### **White Stock**

Take one fowl, weighing three or four pounds; three quarts cold water; one tablespoonful salt; one teaspoonful white pepper and two tablespoonfuls of chopped celery.

Singe the fowl and wash the outside thoroughly. Cut off the legs and wings; cut through the thin flesh below the end of the breast-bone down to the backbone on each side, then separate the back from the breast at the joint, and remove all the internal organs. Do not forget the kidneys lying in the hollow of the side bone, and the lungs in the ribs. This is the quickest way to dress a fowl when it is not served whole. Separate the neck and ribs from the breast. Wash each piece quickly in warm water, using a little soda or charcoal, if there be any sour or tainted odor. Put all but the breast on to boil in cold water. Let it come to a boil quickly (because we wish to use the meat as well as the water) and remove the scum. Then add the breast, also the salt and vegetables. Let it cook gently but continuously until the meat is tender; the time depends upon the age of the fowl. Skim out the chicken, remove the meat from the bones and lay it aside to be



used for croquettes, salads or other made dishes. Put the bones, skin, and any inferior portion of the meat into the liquor again, and simmer until the bones are clean, the gelatinous parts are dissolved and the water is reduced one-half. Strain through a fine strainer and set away where it can cool quickly. It should form a jelly when cold, and, if the fat is not removed, it will keep for several days. This is the stock for the basis of a great many delicious soups.

### Glaze

Glaze is simply clear stock boiled down to one-fourth of its original amount. Put 2 quarts of rich, strong stock into a saucepan and boil it uncovered until reduced to 1 pint. It should have a gluey consistency and will keep for a month if closely covered and placed in a cool place. It is useful for browning meats.

### Thickening Soups

Soups are thickened with flour, cornstarch, or rice flour. Mix the flour with a very little cold water or milk until it is a smooth paste. Then add more liquid until it can be poured easily into the hot soup. Cook the soup fifteen or twenty minutes after thickening is added.

Where butter and flour are used melt the butter and when melted and bubbling stir in the flour quickly; cook together. Then add gradually about a cupful of the hot soup; let it cook, thicken, and then stir it into the hot soup. Cook fifteen minutes.

Soup may be thickened with bread instead of flour. The bread should be dried and browned slightly and added to a small amount of stock, simmered until soft and crushed. Then dilute with more soup. One-half cupful of dried bread for a quart of finished soup is quite as thick as most people like. Rye bread is excellent for this purpose.

## **CLEAR SOUP**

### **To Clear Soup**

Allow the white and shell of 1 egg for each quart of stock. Break the egg, beat slightly; break shell in small pieces, and add to the cold stock. Set over the fire, stirring constantly until boiling point is reached. Boil two minutes, simmer twenty minutes, skim, strain through double thickness of white cheesecloth placed over a fine sieve. This is now ready to serve as clear soup, simply heating to the boiling point. If you wish to season soup more highly add seasoning to stock before clearing.

### **Tomato Soup**

The contents of one large can of tomatoes put into a stew pan with as much boiling water and let come to a boil; take off and strain; put over the fire again. In a small pan put one tablespoonful of flour, one of butter, one of sugar, half an onion and a spray of parsley; chop all together, and let it brown, but be careful not to burn; turn this into the tomatoes, mix thoroughly and strain. Serve with squares of toast on top.

### **Carrot Soup a la Cressy**

Put three ounces of butter into a sauce pan and as it melts add a large onion, finely chopped, four ounces of lean ham, cut in tiny dice, two tablespoonfuls of chopped celery and the red part of twelve carrots, grated. Stew over a moderate fire, stirring frequently, until the vegetables acquire a nice color, then add two quarts of well flavored stock and simmer for about two hours. Skim carefully, pass the soup and as much of the vegetables as possible, through a sieve, pressing the pulp through with the back of a wooden spoon; then season to taste, with cayenne and salt, reheat and serve, with a handful of toasted dice thrown in just as it is turned into the tureen.

### Chicken Soup

Put on a young chicken, which has been well cleansed and washed, in two quarts of cold water, and let it boil steadily until the liquid is reduced to one quart. From time to time, after it begins to boil, skim it carefully so that no scum is left on it. About ten minutes before removing it from the fire, throw into it a small sprig of thyme and one or two sprigs of parsley, and season to taste with salt. If herbs are objected to, substitute chipped celery. When removed from the boiler, skim off all the grease, and strain out the meat and herbs and serve the soup clear.

### Consomme

This is a very rich white stock, flavored with the usual flavoring vegetables—onions, celery, etc.—and made beautifully clear by the addition of either raw beef, or white of egg. When carefully strained, and put into the tureen ready for sending to table, drop on the surface of the soup some delicately prepared croutons.

### Cold Bouillon

Cook a large chicken in water enough to leave one quart of broth when the chicken is quite tender. Season the broth with salt and pepper. Strain into bouillon cups and put on ice to congeal. When serving place crushed ice in the saucers.

### Bouillon, No. 1

Put in a pot three pounds of a shin of beef, one pound of a knuckle of veal, three quarts of water and simmer gently. As soon as the scum begins to rise, skim carefully until it ceases to appear. Then add salt to taste, half teaspoonful of onion juice, and a little celery. Simmer gently four hours, strain and serve it in bouillon cups.



**Bouillon, No. 2**

Take four pounds of beef from the middle of the round, two pounds bone, two quarts cold water, one tablespoonful salt, four peppers, four cloves, one tablespoonful mixed herbs. Wipe and cut the meat and bones into small pieces; add the water and heat slowly; add the seasoning and simmer five hours. Boil down to three pints; strain, remove the fat and season with salt and pepper. Boil one onion, half a carrot, and a half a turnip with it if you like. Serve in cups at luncheons, evening companies, etc.

**Essence of Beef Soup**

Essence of beef is usually in the form of a soft paste. To a pint of boiling water allow a teaspoonful of the essence, a scanty teaspoonful of celery salt and a salt-spoonful of white and black pepper. This makes a very delicious, clear soup. If a very rich soup be desired, increase the quantity of essence to taste. Macaroni paste, rice or a thickening may be added as for any beef soup, and a teaspoonful of catsup or of some good sauce will greatly improve the flavor for some palates. Bouillon for afternoon receptions and for invalids may be made in this way.

**Clam Broth**

Purchase a dozen large clams in the shells. Scrub them thoroughly with a brush, place them in kettle with a pint of cold water and cover. As soon as the shells have opened remove them from the broth, and take out the clams, to be served next day en coquille. Let the broth settle, strain if necessary, reheat it, add a little red pepper or paprika (the latter is delicious), and serve hot. Twelve good-sized clams should make enough broth for six persons, but if there does not seem to be sufficient, add a little boiling milk or water. A very dainty effect may be produced by placing a heaping teaspoonful of whipped cream on top of each plateful of broth, if for dinner, or of each cupful, if for luncheon.



## CREAM SOUP

### Rice Soup

Put to boil half a teacupful of rice in a quart of milk. When thoroughly done, strain, pressing the rice through the sieve also, and add the yolks of two eggs, a tablespoonful of fresh butter, half a teacupful of cream and salt and pepper to taste.

### Puree of Chestnuts

1	pt. chestnuts	1	tablespoonful butter
1	pt. milk	1	egg
1	cupful cream		Salt and pepper

Scald the milk. Shell and blanch the chestnuts. Cook until very soft in boiling salted water to cover. Mash them in the water left in the pan, and rub them through a fine strainer into the scalded milk. Add the cream, salt, pepper and butter. Heat, and when ready to serve stir the beaten egg in quickly and serve at once with croutons.

### Cerealine Soup

Into a pint of boiling milk slowly sift half a cupful of cerealine, a teaspoonful of celery salt and a saltspoonful of pepper, and boil for ten minutes, taking care it does not scorch. Put the mixture through a soup strainer, and return it to the kettle. Pour in a scanty cupful of cream, and as soon as the liquid boils turn it slowly into the soup tureen, in which has already been placed the well beaten yolk of an egg. Stir the soup while pouring it, and send it to the table with hot croutons or with Boston crackers that have been buttered and browned in the oven. Sometimes a teaspoonful of onion juice and a saltspoonful of plain salt can be used instead of the celery salt; and sometimes a teaspoonful of dried and pulverized parsley or a larger quantity of chopped fresh parsley may be used.

### **Oyster Stew**

For one quart of oysters place two quarts of fresh sweet milk over the fire to boil. Drain the liquor from the oysters and strain it into the milk. Just before the milk boils, stir in one teaspoonful of salt, a large pinch of black pepper and a dessertspoonful of butter. When the mixture boils up well, turn in the oysters. When the oysters come to the surface, the stew is ready to serve. If liked, just before turning into the tureen a coffee-cupful of crushed oyster crackers may be stirred into the stew. Serve with whole oyster crackers and celery.

### **Mock Oyster Soup**

To one quart of fresh tomatoes, or three pounds of canned, add one quart of water, and boil one hour. Just before serving add one quart of boiling sweet milk, one teaspoonful of salt, sugar and butter, a pinch of soda, and white pepper to taste.

### **Asparagus Soup**

Wash two large bunches of asparagus, chip fine, put in a boiler with one teaspoonful of salt, and cover with boiling water. Let boil half an hour. Put three pints of fresh milk on to boil, and as soon as it boils, add the asparagus, with the water it was boiled in. Rub a tablespoonful of butter, with one of flour, add to the milk and stir until thick. Season with salt and pepper and serve. The asparagus must be young and tender.

### **Cream of Pea Soup**

One pint of canned peas, one pint of cream, one tablespoonful of butter; salt and white pepper to taste. Strain and mash the peas in a pan; fill the can with boiling water; pour on the peas, place over the fire and let come to a boil. Pour in the cream, and stir in the butter, salt and pepper. Serve with whipped cream and squares of toast. If preferred, the soup may be strained.

**Cream of Potato Soup**

1½ cupfuls	mashed potatoes	2	tablespoonfuls	flour
4	cupfuls	milk	1½	teaspoonfuls
1	small	onion	⅛	teaspoonful
			2	tablespoonfuls
				butter

Combine the potato (which may be left over) with the milk and the onion, and cook it in a double boiler for twenty minutes. Then remove the onion, add the seasonings and thicken the soup with the butter and flour creamed together.

**Tomato Bisque**

2	cupfuls	canned	tomatoes	1	teaspoonful	salt
3½	tablespoonfuls	flour		½	teaspoonful	onion juice
2	tablespoonfuls	butter		¼	teaspoonful	celery salt
¼	tablespoonful	baking	soda	1½	cupfuls	milk

Heat the tomato and thicken it with the butter and flour rubbed together. Then add the soda and seasonings, and the milk, heated. Serve with croutons.

**Cream Pea Soup**

One pint can of French peas; one pint of cream. Strain the peas and mash them in a pan; fill the can with boiling water, pour into the peas and let come to a boil. Pour in the cream and stir in one tablespoonful of butter. Add salt and pepper to taste. Whip half a pint of cream and put on top, when ready to serve. Serve with squares of toasted bread.

**Green Pea Soup**

To make a good green pea soup, boil in a kettle one quart of sweet milk, which thicken with one tablespoonful of flour, mixed to a smooth paste, with a heaping tablespoonful of butter; season with a tiny piece of onion, a little pepper and a saltspoonful of salt. In another kettle have the contents of a can of green peas which have been boiled until they can be easily crushed through a colander into the boiling milk; stir all well together, and serve with small rings of toast or cheese straws.



**Cream of Pea Soup**

2	cupfuls peas (ground)	1½	teaspoonfuls salt
1	pt. milk	¼	teaspoonful pepper
1	pt. water	½	teaspoonful sugar
1	sprig parsley	2	tablespoonfuls butter
1	slice of onion	3	tablespoonfuls flour

The onion and parsley may be put through the food-chopper with the peas. Combine these vegetable with the water and simmer until the peas are tender, replenishing the water as it evaporates. Add the milk and seasoning, and thicken with the butter and flour which have been creamed together. Let them boil for a moment or two. If desired, the vegetables may be strained out. The vegetable flavor is much more pronounced and the food-value greatly enhanced by this new method of making.

**Clam Chowder With Milk or Tomato**

2	medium sized onions	1	tablespoonful flour
3	tablespoonfuls salt pork (cubed)	1	tablespoonful butter
1	qt. boiling water	1	pt. milk or
1	qt. clams	1	pt. canned tomatoes
		¼	teaspoonful salt
	1 pt. sliced potatoes		

Put the pork in the soup kettle and slowly try out the fat. Then add the onions, chopped; cook gently for three minutes, add the water and, when boiling, the clams, potatoes, and seasonings. Simmer thirty minutes and thicken with the flour and butter rubbed together. Then add the milk, or tomato, whichever is used, let cook a few moments and serve. If desired, a half cupful of corn, or chopped carrot may be added with the potatoes.

**Salsify Soup, No. 1**

Wash and scrape a quart of salsify roots and boil until tender in three pints of salted water; then add one pint of sweet milk or cream, a teaspoonful heaping full of butter and pepper to taste. This makes a soup almost as good as oyster. Thicken with flour if preferred.



### Salsify Soup, No. 2

Scrape two dozen salsify or oyster-plant roots, cut into slices, put in a saucepan, and cover with boiling, salted water. Let boil until tender. Add three pints of new milk. Rub two ounces of butter and two tablespoonfuls of flour together, and stir into the boiling soup. Season with salt and a dash of cayenne, strain and serve.

### Bean Soup

Wash a pint of navy beans and soak over night. In the morning drain, put in a soup kettle with three pints of boiling water, let simmer until the beans are tender. Put two tablespoonfuls of butter in a frying pan, set on the fire to melt, add a sliced onion, a sprig of parsley, fry until brown, and turn into the soup kettle. Simmer half an hour, press through a sieve, boil again, season with salt and pepper and serve.

### Celery Soup

Two heads of celery, one quart of milk, one cup of rice, veal or chicken broth, pepper and salt. Grate or cut fine the celery, and boil it in the milk with the rice very slowly till done; adding more milk if too thick; then add an equal quantity of veal or chicken broth; pepper and salt to taste. Serve very hot with toast cut in dice shape, or strain and serve in bouillon cups, placing in each a ring of green pepper. With this serve small, round snowflake crackers.

### Duchess Soup

Put three pints of milk into a boiler, and set on the fire; add one small carrot sliced, one silver-skinned onion chopped, a blade of mace, and four whole cloves. Rub a tablespoonful of butter and one of flour together. Strain the milk, return it to the boiler, add the butter and flour, with four ounces of grated cheese. Stir, take from the fire, season with salt and pepper, and add the beaten yolks of four eggs. Let come to a boil and serve.

### **Delicious Corn Soup**

Take eight ears of corn, cut the grains and scrape well; in winter, a can of corn will do; put in a sauce pan with a teacupful of water, cover the vessel and cook until the corn is tender. Meanwhile put in another saucepan, a heaping teaspoonful of butter; let this melt; sift in a tablespoonful of flour; let brown slightly, and add half a cup of water; then stir into this one quart of sweet milk. Let come to a boil, pour into the corn, let boil up once, salt and pepper to taste and serve with small heart rings of toast. If desired, strain and clear with white of egg, as directed at the head of the chapter.

### **Potato Soup**

Take a half dozen medium-sized potatoes, pare, and put on to boil in a quart of cold water. When half done, drain and cover with a pint of fresh boiling water. Add a sprig of parsley, a stalk of celery, a slice of onion, and let boil until the potatoes are done. Put three pints of new milk on to boil. Press the potatoes through a sieve. Rub a tablespoonful each of flour and butter together, and stir into the boiling milk. Pour over the potatoes, stir until smooth, season with salt and pepper, and serve immediately. This soup may be made rich by first placing two thoroughly beaten eggs in the tureen and pouring the hot liquid over them, stirring very rapidly meanwhile.

### **White Soup**

One quart of white stock; one pint of cream or milk; one heaping tablespoonful of corn starch, or two tablespoonfuls of flour; one saltspoonful of white pepper; one-quarter saltspoonful of cayenne; one scant teaspoonful of salt, and one tablespoonful of butter.

Remove every globule of fat from the stock and put it on to boil with the milk or cream, in a granite pan. Mix the salt and pepper with the flour or starch. Melt the butter in a saucepan; when bubbling, add the flour

mixture and stir thoroughly until well mixed and foamy. Dip out a little of the boiling stock and stir it into the butter; stir rapidly as it thickens quickly, then add more stock and stir until it is smooth and free from lumps. Keep on adding stock until it is thin enough to pour easily, then turn the whole into the remainder of the stock and mix it thoroughly. If it is too thick, add a little more stock or milk, and if too thin, reduce it by longer boiling, or add one egg.

The egg should be well beaten in a large bowl, and a cupful of the hot soup poured into it and well mixed. Then strain it into the hot tureen, and strain the remainder of the hot soup into it. If the beaten egg is stirred directly into the hot soup over the fire it will curdle. Add more seasoning if needed, and if celery was not used in making the stock, add a little celery now, if the flavor is liked.

This soup should be thick and smooth like thin cream, without a suspicion of fat, and so delicately seasoned that the chicken flavor is not disguised. Serve with crisped crackers.

### Chicken Soup

When making chicken salad, one may have a delicious soup by using the water in which the chicken was boiled, with sweet milk added in the proportion of one pint of milk to three pints of broth. If there are not three pints of broth, make it up with boiling water. Thicken with rice, cooking small quantity of rice in the soup twenty or thirty minutes before serving; if liked, add a little celery chopped fine (or celery salt, or bruised seed) and a very little onion juice; stir in one teaspoonful of butter, and salt and pepper to taste. This is delicious.

### Crab Gumbo

Use recipe for chicken gumbo, using crabs instead of chicken.



**Chicken Gumbo, No. 1**

Put in a soup pot one tablespoonful of sifted flour, and the same of butter; let it become a rich brown; add one chicken, cut up and season with salt, pepper, onion and a little tomato. Pour into this two quarts of hot water; let boil two hours. Thirty minutes before serving add one quart of oysters, one tablespoonful of mashed bay leaves, and one tablespoonful of butter. Serve hot.

**Chicken Gumbo, No. 2**

One small chicken, one-half pound ham (boiled) one quart okra, three tomatoes, two tablespoonfuls flour, two onions, one red pepper, one green pepper, one bay leaf, three quarts of boiling water, salt to season. Boil chicken until tender, remove the bones and add the ham chopped fine. Cut in small pieces the onion, okra, tomatoes, peppers and bay leaf, and put in the boiler with chicken and ham. Pour over the boiling water, salt to taste, and when cooked two hours slowly, stir in the flour after it has been dissolved in water. Stir to prevent burning and serve hot with rice.

**Turtle Soup**

Boil the turtle until very tender; remove all bones, cut the meat in small pieces; season with a teaspoonful each of thyme and parsley, pepper and salt to taste, one nutmeg, grated, one dozen cloves, and same of whole allspice. Tie these in thin muslin and remove before sending to table; stir a tablespoonful of browned flour into a quarter of a pound of fresh butter; add this to the soup; pour over it five quarts of water and reduce it by boiling to three; boil gently. A quarter of an hour before it is done, add the green fat, half a pint of wine, a lemon sliced thin, the seeds removed; add forcemeat balls; after simmering five minutes, remove the lemon peel. This is for a small turtle; if not fat, a good slice of ham may be added, remove before serving.



### Mock Turtle Soup

Clean and wash thoroughly the head and two feet of a calf. Substitute these for the turtle in the preceding recipe.

### Celery Soup

Take the liquor that a large fat chicken has been boiled in, and break into it five or six blades of celery, and let boil for one hour. Then add to one quart of this liquor two quarts of fresh sweet milk, and one heaping teaspoonful of flour that has been beaten smooth in a half cup of cold water. Let boil two or three minutes; strain, and serve with teafake crackers.

### Mock Bisque, No. 1

Put a quart of canned or fresh tomatoes in a saucepan with a sprig of parsley, a blade of mace, a thin slice of onion and a teaspoonful of salt. Let stew fifteen minutes. Put a quart of milk on to boil; thicken with one tablespoonful of flour rubbed to a smooth paste with one of butter and stirred in flour. Press the tomatoes through a sieve. Add a pinch of baking soda and a teaspoonful of sugar with the boiling milk. Stir, and serve immediately.

### Mock Bisque, No. 2

One quart can of tomatoes, one pint of hot water, one level teaspoonful of soda, one cup of cream sauce and one of sweet milk. Rub the tomatoes through a strainer, adding the hot water slowly. For the cream sauce, use one tablespoonful of butter, one of flour, one cup of sweet milk, one teaspoonful of salt, a little white pepper. Melt the butter; when hot and bubbling, add the flour, cook until frothy, stirring all the time. Add slowly the milk, let all come to the boiling point and it is ready for use. To the strained tomatoes, add the soda, one cup of hot milk and the cream sauce. Let all reach the boiling point and serve immediately. If cooked too long it curdles.

### **Bisque of Lobster**

Wash, boil and open two hen lobsters; cut the meat into small pieces. Break the shells and small claws; put in a saucepan with a quart of boiling water. Pound and mix the spawn, the fat, part of the coral, two ounces of the lobster meat, an ounce of butter, and two of flour until reduced to a pulp. Strain the liquor from the saucepan over the pulp, gradually mixing it; season with a little salt and cayenne, add the remainder of the meat, and the coral rubbed fine, and serve immediately.

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### **SWEET SOUP**

Almost all of the sweet soups have wine as an important ingredient, generally claret, as white wine, beer and even champagne are strong enough to make a soup themselves.

#### **Apple Soup**

A favorite soup from its simplicity and cheapness is apple soup. The apples are pared and cooked as for apple sauce, then rubbed through a sieve, flavored with claret, about half a pint to six or eight apples; nutmeg, sugar, grated lemon peel (a drop or two of the juice is pleasant), and then a few crumbs of toasted bread may be added. Strain and serve.

#### **Soup of White Wine**

A soup of white wine and chocolate is made by boiling a bottle of wine, with half as much water, then pouring in a quarter of a pound of melted chocolate, and a tablespoonful of sugar; stir the soup till it comes to a boil again, thicken with the yolks of three eggs and pour over toast and serve. Scuppernong wine may be used for this.

### Champagne Soup

Set the contents of a bottle of champagne over the fire till it boils, put in the grated peel and the juice of one lemon and a quarter of a pound of sugar. Beat the yolks of ten eggs in a deep saucepan, pour the champagne slowly in, set the whole over a slow fire and beat it until it foams.

### Strawberry Soup

Take half a box of berries, the small wild berries are the best, stew them with one quart of water, half cup of grated bread crumbs, one stick of cinnamon and a small piece of lemon peel, for three-quarters of an hour. Meanwhile take the remaining berries, let them come to a boil in a thin syrup of sugar and beat the yolks of two eggs in half cup of claret. When the soup has cooked sufficiently, rub the mass through a sieve, put in a cupful of sugar and a pint of claret, let it boil until the sugar is dissolved. Then add the beaten yolks and the berries which have been boiled in syrup.

### Cherry Soup

Cherry soup can be made very simply, following the recipe for making apple soup—all the fruits may be treated in that manner, in fact—or more elaborately with wine.

### Almond Soup

A dainty soup is made from a quarter of a pound of blanched and ground almonds, one quart of milk and a little sugar. Set over a slow fire, and when it has come slowly to a boil, stir in the yolks of two eggs, and pour the whole over thin slices of toast. A little rose or orange flavor enhances the taste of this delicious soup.



# FISH

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## SHAD

### **Baked Shad, with Irish Potato Dressing**

Clean the fish and salt inside and out; make a dressing of Irish potatoes (three or four medium potatoes, to a medium sized fish), three eggs. one raw and two hard boiled and chopped fine, two stalks of celery, two-thirds of a cupful of sweet milk; butter the size of a walnut, salt and pepper to taste, and a slight touch of onion, if desired. The dressing should be soft. Stuff the fish, sew up and bake slowly one hour with enough water to baste frequently. If fish is to be kept over night and the weather is warm, salt and bake half an hour, then put away in a cool place for the night. Proceed in the morning as directed above.

### **Planked Shad, Maryland**

A fire of well seasoned split oak is built in a long compact line, and inch-thick oak planks are propped before it until heated through. Time improves the quality of these planks, and many well-charred ones have been in use for four or five seasons. The fish, cleaned, split and rubbed with a little salt, are nailed fast to these planks, and backs sizzling as they touch the wood, which slowly cooks that side. The shadded planks are propped close to the fire until the fish begin to brown, and then removed a few inches, the cooks deftly turning one edge of the planks uppermost and then the other, to retain the juices evenly. As many as two hundred shad are often planked at once, a row extending on either side of the fire, and the cooks patrolling the line and basting them as they brown with a mixture of melted butter and Worcester sauce. The cooks are as indifferent to smoke and flame as so many Casabiancas, and watch carefully that all brown together evenly and that no errant breeze sends smoke or ashes or flame against the buttered planks.

### To Fry Shad or Other Fish

Clean, cut, wash, wipe dry, sprinkle with salt and pepper; dip in meal and fry in enough boiling lard to cover the fish, turning over once.

Or, dip in well beaten egg, roll in bread or cracker crumbs, and fry as directed.

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## SALMON

### Creamed Lake Salmon

Scrape, clean and salt three or four pounds of fresh lake salmon; put in baking pan, with a teacupful of boiling water, and one teaspoonful of fresh butter. Baste frequently, letting it cook ten minutes to each pound of fish, adding more water if necessary. A few minutes before taking up prepare the cream sauce thus: Scald one-half teacupful of sweet milk, same of sweet cream, small lump of butter; pour into it the gravy, stir, pour over the fish, let boil up once and serve. A little parsley or celery in the cream (chopped fine) adds to the flavor. Use a cup of sweet milk if cream is not to be had and thicken the sauce with one teaspoonful of flour, mixed with water, and boil a few minutes.

### Scalloped Salmon

Put half a pint of milk on to boil. Rub an ounce of butter and a tablespoonful of flour together, and stir in the boiling milk. Cut two pounds of fresh or canned salmon into dice. Put a layer of the sauce in the bottom of a baking-dish, then a layer of the salmon; sprinkle with salt, cayenne, chopped parsley, or celery, and grated bread crumbs; then another layer of the sauce, salmon and seasoning, until the dish is full; have the last layer sauce; sprinkle with the bread crumbs and bits of butter. Set in a very hot oven for ten minutes to brown. Serve in the dish in which it is cooked.

**Baked Salmon, Trout, Bass, Etc.**

Clean the fish, dip into a pan of boiling water and scrape it until white. Rub well with salt and pepper. Put it in a baking-pan, and pour milk over it till half an inch deep. Bake a four-pound fish about an hour. Cook slowly at first, basting often with the milk, and add more milk if it all cooks away before the fish has browned. When the flesh will separate easily from the bone the fish is done.

Serve on a small dish. Garnish it with parsley and slices of hard-boiled eggs. The milk keeps the fish moist, is a wholesome substitute for pork, and gives the fish a rich brown color, which always adds much to the attractiveness of a baked fish.

Cod, haddock and bass are delicious when baked in this way, and some prefer this method for blue fish and mackerel. The milk is not to be used after cooking any oily fish in it, but with the dry white fish, if there be any left in the pan after the last basting, it may be thickened slightly with flour and butter and poured over the fish.

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**OTHER FISH****Boiled and Creamed Perch, White Fish, Etc.**

Clean, wash and wipe the perch, and if thick, split them lengthwise. Squeeze lemon juice over them and add a sprinkling of salt and pepper and dip in melted butter. Broil at first quickly, then more slowly, allowing ten minutes for each inch of thickness. The sauce to be served with them, is for each small fish a teaspoonful of creamed butter, seasoned with a dash of cayenne and salt, and one-half teaspoonful each of vinegar and lemon juice. This may be served in a little ball on a butter plate, or spread over the fish. Parsley, pickles, or olives chopped fine, may be added to the sauce.



### To Freshen Salt Fish

Soak over night, or several hours, in sweet or sour skimmed milk, being sure to turn the skin side up, so that the salt may soak out. If the milk is not to be had, use cold water.

### Broiled Smoked Herrings

Broil them a few minutes over a quick fire. Take off the skins and serve immediately.

### Creamed Mackerel

Wash a salt mackerel and soak it all night in cold water. To prepare it for breakfast, wipe it well to get off the salt crystals that may be lodged in the creases. Put into a bread pan of boiling water and cook steadily half an hour. Drain when done and transfer to a hot dish. Pour over it a sauce made with a cupful of boiling sweet milk, thickened with a paste made of flour and hot water, two teaspoonfuls of butter, one of vinegar and a little pepper. Instead of the vinegar you can put in a teaspoonful of green pickle, minced fine. Stir over the fire until smooth and as thick as custard, when add minced parsley. Pour over the fish, cover and let it stand five minutes in a warm place before it goes to the table.

### Fish Loaf

1	pound canned fish or	1	tablespoonful butter
2½	cupfuls flaked, cooked	1	teaspoonful salt
	fresh fish	⅛	teaspoonful pepper
3	eggs	1	tablespoonful minced
½	cupful soft bread crumbs		parsley

Separate the eggs, beat the yolks until lemon-colored and the whites until stiff. Flake the fish, add it with the remaining ingredients to the egg yolks, fold in the egg whites, and transfer to a pan, rubbed lightly with butter. Bake until firm in a moderate oven, about forty minutes. Serve with peas, a cream or a tomato sauce.

### **Fried Smelts**

Clean about two dozen smelts, cut off gills, wash well in cold water and dry thoroughly. Put a pinch of salt and pepper in a little milk, into which dip your smelts; then roll in cracker dust. Fry a light brown, in boiling lard. Fry some parsley, place around the fish and serve with sauce tartar.

### **Salt Codfish Souffle**

To a pint of pared and quartered potatoes allow a cupful of salt codfish. Place the fish and potatoes separately, in boiling water to cover them, and let boil until the potatoes are done. Drain, mash the potatoes and fish, and beat them well with a fork, adding a pinch of white pepper, a tablespoonful of butter and two tablespoonfuls of rich sweet milk. The mass should be made light with vigorous stirring. Then beat in the well stirred yolks of two eggs, and lastly, cut in their nicely frosted whites without much stirring. Arrange the souffle on a buttered plate, and bake it down. This will require about twenty minutes. Serve with cucumber pickle or pickled peppers, or with horse radish or fresh cucumbers.

### **Breakfast Shrimps**

Put two plates of raw shrimps into a large saucepan of boiling water, well salted. After fifteen minutes, strain and leave to cool. Now, a wrench of the head, a twist of the tail, and they slip out whole and firm. Place these in an ecru or pale green dish. With a breakfast dish of snowy hominy they are simply delicious.

### **Fried Shrimps**

Boil a quart of large sprawns, and when cool, pick and put in a cream batter, made of two tablespoonfuls of cream, two eggs, and salt to taste; remove, sprinkle, roll in cracker dust, dip again in the batter, and roll in the crumbs; then fry in boiling lard or butter. Some think them superior to fried oysters.

### Shrimp Fritters

Boil one pint of shrimps in salted water, remove the shells and chop fine; make a batter of two eggs, half teacupful of sweet milk, teaspoonful of melted butter, and bread crumbs to make a good batter. Stir in the shrimp and fry in rolls in boiling lard, and serve on a napkin.

### Fish Rolls

Take one pound of cold, boiled fish—any kind will do, but, of course, the richer the better—free it entirely from bones and skin, and put it in a mortar with a tablespoonful of butter, salt, pepper, pounded mace, and lemon juice, and rub the whole to a perfectly smooth paste, moistening from time to time, with a little good white sauce. Procure six or eight small rolls, about four inches long; cut them in two lengthwise, scoop out nearly all the interior, and fill in the cavities thus made, with the fish. Put rolls together again in their original form, brush them over entirely with a coating of glaze, and set them in a cool place until the latter is quite firm. Arrange the rolls in rows on a neatly folded napkin, and garnish with crisp, well-seasoned watercress, or finely chopped lettuce. If preferred, the rolls may be filled with a savory mince composed of veal and ham, or any other sort of finely minced meat well seasoned.

### Lobster a la Newburg

2	small lobsters	4	eggs (yolks)
1	cupful cream	1	teaspoonful salt
4	tablespoonfuls butter	Few	grains cayenne
2	tablespoonfuls brandy or sherry	Few	grains mace

Cut the lobster meat into small pieces, cook them slowly in butter for five minutes, add the seasonings, brandy and sherry, and simmer five minutes longer. Combine the cream with the beaten yolks and pour slowly into the cooking mixture. Stir constantly for one and one-half minutes. Garnish with triangles of puff paste.



**Shrimp Fricassee**

Boil and pick two plates of shrimps. Put into a saucepan one heaping tablespoonful of butter, into which mince half of a small onion, sprig each of thyme and parsley, and a pinch of pepper. Add shrimps, stir until brown, add one cup of milk, boil up and serve. Eat with boiled rice.

**To Pickle Shrimp**

Peel the shrimps; put them in a glass jar, first a layer of shrimps, then one of mixed spices, pepper and salt, until all the shrimps are in. Pour in a little water and boil (as directed for canning fruit). When done and cold, cover with good vinegar. They will be fit for use in twenty-four hours, and, if covered closely will keep for several weeks.

**Lobster Souffle**

- |   |                           |               |                         |
|---|---------------------------|---------------|-------------------------|
| 2 | lb. lobster               | $\frac{1}{2}$ | cupful tomato sauce     |
| 3 | tablespoonfuls mayonnaise | $\frac{1}{2}$ | cupful Tarragon vinegar |
|   | 1                         | cupful        | aspic jelly             |

Cut the lobster into small pieces; put bands of writing paper, about two inches high, around as many ramekin cases as you wish to serve. Beat mayonnaise, aspic jelly, and tomato sauce together until they begin to look white. Stir in the pieces of lobster, add the vinegar. Fill the ramekin cases and put away to stiffen in a very cold place. When set, take off the papers carefully, garnish with pounded coral or browned crumbs.

**Lobster Newburg**

Two cups of boiled lobsters cut in blocks, two tablespoonfuls of butter, one nutmeg, grated, one cup of rich cream, one-half cup of sherry wine, salt and paprika to taste, yolks of six eggs. Melt butter and stir in the eggs well beaten with the cream. Thicken by cooking, and serve hot with toast.

### Crab Newburg

Same as Lobster Newburg, replacing lobster with crab meat.

### Oyster Newburg

Same as Lobster Newburg, only using oysters in place of lobsters.

### Crawfish

Crawfish are inhabitants of fresh water streams. They have a striking resemblance to lobster in every respect, and are largely used by caterers for garnishes, sauces, salads, etc.

### Crawfish Bordelaise

1½ lbs. crawfish meat	1 tablespoonful minced onion
½ pt. cream sauce	½ teaspoonful salt
1 tablespoonful butter	Few grains cayenne
1 glass red wine	Few grains nutmeg
1 tablespoonful minced carrot	

Cook the carrot and onion in butter, add the wine, the meat and cream sauce with seasonings, boil up once and serve hot.

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## SHELL FISH

### Oysters en Bloc

Have a block of ice weighing ten pounds. Heat four or five bricks in the oven. Lay one on the block of ice and let it remain until it is cold. Remove it, and tip the ice, so as to drain off the water left in the depression. Continue the process until you have a sufficiently large cavity to hold the quantity of oysters you wish to serve. Drain the oysters, season them with pepper, salt and vinegar, and set them in the refrigerator for an hour or two before serving. Lay the block of ice on a folded cloth on a large platter, surround it thickly with parsley and pour the oysters into the cavity. Serve brown bread and butter sandwiches with the oysters.

### **Raw Oysters**

Serve on half shell, the shells being laid upon oyster plates filled with cracked ice; six oysters and a thick slice of lemon being served upon each plate. Or, if preferred, discard the shells and serve with ice and lemon, eight oysters on each plate. Blue Points are given the preference for serving in this way.

### **Oyster Patties**

Prepare creamed oysters and fill patty shells with the mixture. Serve at once.

### **Deviled Oysters**

Drain two dozen large fresh oysters, and chop them. Put a teacupful of sweet milk on to boil. Rub a tablepoonful each of butter and flour together, and stir into the boiling milk, take from the fire, and add the oysters, the beaten yolks of two eggs, a tablespoonful of chopped parsley, with salt and pepper to taste. Have the oyster shells washed clean, fill with the mixture, sprinkle with grated bread crumbs, place a small lump of butter on each, arrange in a baking pan, and set in a very quick oven to brown. Serve in shells; garnish with parsley. Make soup of the liquor. Proceed as for stew, omitting the oysters, and thickening it with fine cracker dust, or a teaspoonful of flour mixed with one of butter.

### **Blue Points on Half Shell, Served with Cocktail in Peppers**

For twenty persons order one hundred oysters and half pint of oyster liquid. Make a cocktail as directed elsewhere. Have ready in cold water ten bell peppers, which have been cut in half, and the core and seed removed.

Half hour before ready to serve have the person accustomed to the work open the oysters and place them on trays, saving as much liquor from them as possible. While he does this, have crushed fine, ten



or fifteen pounds of ice; place a cupful of this in each tea plate on which the oysters are to be served; place in the center of a plate half a bell pepper, being careful to have it firmly fixed in the ice. Arrange around this five oysters on the half shell, and pour in the pepper two tablespoonfuls of the cocktail, which must be ice cold. Place each plate of oysters on a dinner place in front of where each guest is to sit, having on a bread and butter plate at the left side two small graham bread and butter sandwiches. The oyster fork may be placed across one side of the plate, or just beyond the soup spoon on the right.

### **Shrimp Cocktail**

Use oyster cocktail recipe, substituting shrimps for oysters.

### **Clam Cocktail**

Same recipe as oyster cocktail, replacing oysters with clams.

### **Oyster in Crackers**

Prepare with canned oysters when fresh ones can not be procured. Open a number of Boston crackers, and spread them with butter. On one half of each cracker place as many oysters as it will hold, salt the oysters, if necessary, sprinkle lightly with pepper and add a few drops of lemon juice. Cover with the other half of the cracker and bake about ten minutes.

### **Fried Oysters**

Get large plump oysters. Drain off the liquor and salt and pepper the oysters to taste. Roll them in cracker crumbs, then in well beaten egg, that has also been seasoned, then in cracker crumbs, and fry in boiling lard enough to cover, until a light brown. A wire basket is best for frying them in, but it not absolutely necessary.

**Roasted Oysters**

Ingredients: A winter night, a big hot fire, in an open fireplace, a jolly crowd, oysters in shells, and salt and pepper. Make a bed of hot coals, throw in oysters, and when they pop open, put the shells apart, salt 'and pepper, and eat at once.

**Oyster Pilau**

Into a saucepan put one heaping tablespoonful of butter; when quite melted, add three pints of oyster liquor, pepper and salt to taste, and add one pint of prepared rice. When done, lay three dozen good sized oysters on rice, sprinkle with a tablespoonful of melted butter, and a tiny patch of pepper; cover saucepan, and let contents steam over a slow fire for ten minutes. Serve with parsley and oysters encircling rice. If preferred, beat two eggs light (separate) and stir in before adding the oysters, put in the oysters and bake instead of steaming.

**Clam Chowder**

15	large clams (ground)	$\frac{1}{2}$	lb salt pork (scant)
$\frac{1}{2}$	can tomatoes	3	potatoes
		3	large onions

Cut pork in very small pieces. Fry until brown. Cut potatoes in very small cubes. Put all in kettle with pork, add one-half pint warm water. Let simmer all the afternoon. Don't salt.

**Oyster Pie**

Line the sides of a deep dish with pie paste. Drain a quart of oysters, pepper and salt them and put them in. Strain the oyster liquor, add to it half a pint of milk and put it on to boil. Rub together two tablespoonfuls of flour and one of butter, and when the liquor boils stir it in and stir until it thickens. Remove from the fire, season with pepper and salt and pour over the oysters in the pie. Roll out a sheet of paste, cut a hole in the center and cover the pie with it. Bake half an hour.

### Lobster Farci

Put a teacupful of sweet milk on to boil. Rub a teaspoonful of butter with two of flour and stir into the boiling milk. Take from the fire, add half a teacupful of grated bread crumbs, a tablespoonful of chopped parsley, the yolks of four hard boiled eggs mashed fine, a pound and a half of boiled lobster cut into small pieces, with half a grated nutmeg, salt and cayenne. Mix all together well. Have the lobster shells cleaned, cut off the under part of the shell, join the large ends of the two tail shells to the body, fill these shells with the mixture, brush the top over with beaten egg, sprinkle with grated bread crumbs, and set in a hot oven for twenty minutes to brown. Serve hot in the shells, garnish with parsley.

### Creamed Lobster

Put on a pint of milk to heat, and cut into small pieces a pound of canned lobster. Gradually melt one tablespoonful of butter, and stir into it, when perfectly soft, two tablespoonfuls of flour, half a teaspoonful of salt, a saltspoonful of pepper and the juice of half a lemon. As soon as the mixture is thoroughly blended, add a little of the boiling milk to thin it; stir thoroughly, pour the mixture into the balance of the boiling milk, and let the whole cook slowly for five minutes, stirring constantly. When thick add the lobster, and cook five minutes longer. Some persons prefer a little more salt and pepper in creamed lobster and to others a level tablespoonful of curry powder will prove an agreeable addition. Sometimes this preparation is placed in buttered scallop shells, sprinkled with fine seasoned and buttered bread or cracker crumbs, and nicely browned in the oven. It then forms an attractive dish for luncheon, breakfast or supper.

### Fricassee of Oysters

Drain a quart of oysters and put the liquor on to boil. Rub together a tablespoonful of butter and one



of flour; add to the boiling liquor and stir it until it thickens. Season with salt, a very little cayenne and a blade of mace. Remove it from the fire and add the beaten yolks of two eggs; mix thoroughly and return to the fire, stirring for a minute or two. Put in the oysters and boil up again. Pour over slices of buttered toast and serve.

### White Fricassee of Oysters

1	pt. oysters	1	tablespoonful flour
$\frac{1}{2}$	cupful oyster liquor	1	egg
$\frac{1}{2}$	cupful cream	$\frac{1}{2}$	teaspoonful salt
2	tablespoonfuls butter	$\frac{1}{2}$	saltspoonful pepper

Drain, clean and dry the oysters. Put one tablespoonful of butter into a frying pan and when hot add the oysters, cook until plump and drain again. Scald and skim the oyster liquor. Melt the butter, add flour and seasonings. Cook together. Add oyster liquor and cream slowly, cook until smooth. Beat one egg very light and pour the oyster sauce upon it, add oysters and return to the fire to be well heated, but it must not boil. Serve in crust or patty shells if for lunch or dinner; for breakfast or tea, serve on toast.

# MEATS

## HAM

### Boiled Ham

Wash, trim carefully and put on in enough cold water to cover well. When it begins to boil, allow a quarter of an hour for each pound, letting it boil slowly. When a fork stuck in comes out easily, it is done. Remove the skin, trim and serve.

### Ham Boiled in Wine

Wash and scrape well; place in pot large enough without cramping, pour on two bottles of dry wine and sufficient water to cover ham. Boil slowly four hours for ham weighing ten pounds; add fifteen minutes for every additional pound. When done remove from pot and allow to get cold; then skin and cover with a batter made of one egg, a little milk, butter and cracker crumbs; place in baking pan and bake until a nice brown.

### Spiced Ham

Wash a ten pound ham in cold water. Put in a large boiler, and nearly fill with water; add two blades of mace, a dozen cloves, half a dozen pepper corns and a bay leaf. Set over a slow fire, let heat gradually; let simmer for an hour and a half, then boil gently, fifteen minutes to every pound. When done, let cool in the water in which it was boiled. Take up and skin. Brush over the fat with beaten egg, sprinkle with bread crumbs in which is mixed a tablespoonful of brown or white sugar. Set in moderate oven to brown; baste with one pint of vinegar, in which is a tablespoonful of French mustard, a teaspoonful each of extract of celery, cloves and ginger. When brown, take up, lay on flat dish, stick whole cloves over thickly; set away twenty-four hours before using.

### **Baked Ham**

Wash and trim the ham thoroughly. Make a very thick paste of flour and water; cover the ham all over with the paste, a quarter of an inch thick. Place in a pan, put in oven, and baste occasionally; allow fifteen minutes to the pound. When done, remove paste, skin and trim away any rough places. Stick over with cloves, pepper and serve. Garnish with celery leaves. This method of baking retains the juices, and the ham has a very delicate flavor. We consider this the best way to cook hams.

### **To Cut a Ham for Frying and Broiling**

Cut the ham from the large end. Slip a knife under the skin and separate it from the fat, about one-half the length of the ham. Turn back the skin, trim off the dark or discolored parts of the fat, cut what is necessary; if you possess a meat-saw, cut through the bone. The slices should be very thin for frying and broiling. Now cover the meat again with the skin, being sure to press down well. Put in two brown paper sacks, one within the other; tie securely and return to smoke-house or pantry. The meat will be fresher and nicer for this treatment.

### **Ham Pie**

Make a puff paste (not very rich), and line a shallow pie plate with it; chop fine two teacupfuls of good remnants of cold boiled ham; cut into rings two cold, hard-boiled eggs and two blades of celery. Put in the plate a layer of ham, a light layer of celery and one of eggs; now cover with the pastry (rolled thin). Cut two or three slits in the top, pour in a half teacupful of hot water and bake in a quick oven. Brown the bottom crust before putting in the meat, if preferred. This is nice served with mayonnaise dressing.

### **Broiled Ham**

Slices of cold boiled ham are delicious when broiled over a very clear, hot fire.



### **Fried Ham**

Cut from the large end thin slices and fry in hot spider a nice brown on both side. Make a milk gravy, by adding one teacupful of sweet milk to the drippings left in the pan. Thicken, if liked, with one teaspoonful of flour and a little water thoroughly mixed in a cup with a fork; add a pinch of salt and serve in gravy bowl.

### **To Devil Cold Ham**

Cut in slices one-third of an inch thick. Season with cayenne pepper and dip in mustard dressing. Broil a few minutes and serve hot.

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## **PORK**

### **Pork Roast**

The hind quarter of the hog makes the nicest roast, though the middling, when well cooked, is very good. It all depends on the cooking. With a sharp knife cut or score the ham in slices, just through the skin, half an inch apart. This makes it easier to carve and better absorbs the seasoning, when basting. Put into a roasting pan if convenient, if not, in an ordinary baking pan; pour in a quart of water, with a heaping tablespoonful of salt and as much cayenne pepper as is liked; now if an ordinary pan, turn over it another pan, lifting to baste, every fifteen minutes; allow twenty minutes to the pound; when done, remove the cover and let it brown. Serve with hot tomato catsup, or Worcester sauce. Suspend the roast over the pan and steam, if preferred, basting as directed. The latter is the old-fashioned way.

### **Spare-Rib, Broiled**

Broil just as one does beefsteak, omitting the butter.

### **Spare-Rib, Roasted**

Trim nicely, crack the ribs across the middle, rub with salt and pepper, fold over, stuff with Irish potato dressing, sew up well, place in a roasting-pan with a teacupful of boiling water. Cover with the top, or another pan, place in oven and cook until tender, basting frequently; then remove the top and brown well. Serve with egg sauce.

### **Shoat Roast**

Spare-ribs, or the loin of a young pig, make a delicious roast. Select a piece weighing about three pounds. Rub a spoonful of salt on it, and shake some pepper over it, about three hours before you roast it. Dredge it lightly with flour, lay it on the rack in the dripping pan, pour a cupful of boiling water under it. Baste it every fifteen minutes until it has roasted an hour and a half. Add more water from time to time as it boils away. If the spare-rib is not crispy brown in every part, it should be cooked for a quarter of an hour more. Pork should be more thoroughly done than any other kind of meat. Add a little boiling water to the drippings, stir in a tablespoonful of flour, previously wet with cold water, season the mixture with salt and pepper, and strain it through a gravy strainer. Skim off carefully all grease that rises, and serve with the spare-rib. Apple sauce, mashed potatoes and good mustard are the old English accompaniments to a dish of spare-ribs.

### **Pickled Pig Feet**

Serve cold with pepper, salt and a French dressing; or, split in half and fry as directed in preceding recipe.

### **To Cook Sausage**

If stuffed, wash; put into a moderately hot frying pan. Do not cook too rapidly; turn two or three times. They should cook nearly half an hour.

### Pork Chops

Pork chops make a very acceptable breakfast dish. They are especially nice broiled. To broil them, trim well, removing all fat, flatten them with a mallet, rub them with a little butter, and let them broil for about seven minutes on each side. Arrange around a mound of creamed potatoes.

### Broiled Tenderloin Pork Steak

Have the butcher to cut for you the tenderloin of the pork. Do not have the butcher to steak it. Trim away all fat and cut it in slices one-third of an inch thick; chop or beat, put on a very hot spider; turn when brown and brown the other side; when done, salt and butter, and serve hot.

### Fried Pig Feet

Boil in salted water until well done. Make a thin batter of flour, water and a little salt and pepper. Split the feet in half, dip them in the batter and fry in boiling lard.

### Souse

Take the head, feet and ears of a hog; remove the fat where there is too much, wash and scrape thoroughly. Soak over night; boil all to pieces; take out of the water, let cool and remove all bone. Season with salt, pepper and sage, a teaspoonful of each to a quart of meat. Place in a bowl, or mold, to cool and jelly. It will be ready for use in ten hours. Serve cold with vinegar; or take from the vinegar, dip in egg, roll in bread crumbs and fry in boiling lard.

### Fricatelli

1	lb raw fresh pork	1	saltspoonful pepper
½	cupful stale bread crumbs	½	teaspoonful onion juice
1	teaspoonful salt	2	eggs

Chop the pork very fine, add seasonings and bread crumbs, beat the eggs, and mix all thoroughly. Shape in small cakes, pan-broil slowly to thoroughly cook. Serve with baked or fried potatoes and garnish with parsley and lemon.



**Sausage or forcemeat Pilau**

If sausages are used, take half pound, squeeze and fry in their own grease. If chopped meat, season well, and fry with six slices of breakfast bacon; add three pints of hot water and one cupful of rice. When quite done, stir thoroughly with a fork; remove to the back of the stove, leave for five minutes, and serve.

**Sausage Rolls**

Take home-made pork sausage, plunge into fast boiling water, and let boil gently for a few minutes; then remove the skins, cut each sausage in two, lengthways, and set them aside until cold. Make some light pastry, roll out thin, and cut in squares of five inches. Lay a half sausage in each square, then fold the pastry over, and gently press the ends together. Brush the rolls over with beaten egg, and bake in oven from fifteen to twenty minutes. Serve on a napkin. Garnish with sprigs of fresh green parsley.

**Broiled Breakfast Bacon**

Cut very thin strips. Hold on a flesh fork, a strip on each prong, over a hot fire until done.

**Fried Breakfast Bacon with Milk Gravy**

Cut thin a half dozen slices of lean breakfast bacon. Cook in a frying pan until done. Remove the meat; sift into the gravy a teaspoonful of flour and let it brown; then pour in a teacupful of sweet milk; let it thicken, season with salt and pepper and serve in a gravy dish. This gravy is delicious, if well made.

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**VEAL****Veal Loaf**

Three pounds of veal, half pound of salt pork, half teacupful of bread crumbs, browned, two raw eggs beaten up, a good deal of black pepper, and salt to taste. Grind the meat fine, and mix all together; bake slowly one hour in a cake tin. Slice cold for luncheon or tea.

### **Veal Croquettes**

Two teacupfuls of chopped veal, one of creamed potatoes, two eggs, one tablespoonful of butter, and salt and pepper to taste. Mix well together, make into oblong balls and fry in boiling lard.

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## **BEEF**

### **Roast Beef, No. 1**

To have roast beef brown on the outside and rare and juicy within, put beef into a very hot oven at first, for half an hour, then reduce the heat for the remainder of the time of cooking. This will attain the desired result. Of course, the meat must be basted as often as every fifteen minutes.

The great heat at first hardens as well as browns the surface of the meat. This keeps in the juices. But if the high temperature be continued, the hardening process goes beyond the surface and the result will be a hard, dry and stringy piece of meat.

### **Roast Beef, No. 2**

Wash with soda a large rib, porterhouse, or tenderloin roast. Rub over with salt, place in a roasting pan, or in a pan over which another pan can be fitted, placing the bone side down. Have the oven very hot for half an hour, or until the roast is brown, and then reduce the temperature of the oven, baking slowly until ready to serve—that is, twenty-five minutes for every pound if it is to be thoroughly done, or fifteen minutes per pound for rare roast.

### **Beef Juice for Children**

Broil nice lean steak just enough to heat it, then press in a potato masher, or a strong lemon squeezer; or, grind rare steak in a meat chopper, heat in the stove just a minute and press.

### **How to Roast Beef**

Wipe dry, put a little flour on top and rub into the beef. Put into a baking pan and bake without water.

### **Pot Roast**

Have the butcher select a nice pot roast. Wash in cold water, then rub it thoroughly with salt, then place in a vessel on top of the stove with one cupful of boiling water. Cover well and let it cook fast until the water is out, turning until all sides may be brown. Be careful not to let it burn. When thoroughly brown, pour over it one quart of boiling water, and let it cook slowly until very tender, and there is just a nice brown gravy left.

If liked, Irish potatoes may be peeled and cooked with the roast, putting them in half an hour before time to serve. Slice the beef, pour gravy over it, place the potatoes around it and send in smoking hot.

### **Hamburg Steak**

Grind good round steak in a meat mill, and make into loaves four inches square, and three-quarters of an inch thick. Grease a broiler and let it be very hot. Place the steaks in the broiler until brown, and then turn with a battercake turner, and brown on the other side, being careful to have it brown but rare. Place on a dish and sprinkle with salt and pepper. Then pour over it (for four pounds of steak), one cupful of melted butter, and set in a hot place so that it may be well seasoned, and then serve at once, very hot.

### **Planked Steak**

Take a thick, tender, loin steak. It should be fat and tender. Rub it with lemon juice and butter. Tack to a well-seasoned oak board that has been heated. Place in a hot oven and cook for twelve minutes. Then take out, draw the tacks, turn it over, tack again and cook for ten minutes. Serve with rice, potatoes and string beans.



### **Tenderloin Prepared for Invalids**

Scrape all the pulp from half a pound of tenderloin steak. Make into a flat cake about an inch thick; broil quickly over coals (oak or hickory preferably). Sprinkle over it a little salt and pepper—no butter; serve hot.

### **Cold Beef, Broiled**

Slice cold roast and broil over hot coals, or on a clean, hot broiler; butter, pepper and salt, while hot, and serve immediately.

### **Genuine Bouilli**

Take a piece of beef (say 8 pounds), a part of the rump serving the purpose best, and put it over the fire in a pot of cold water. When it begins to boil, skim and add a little fresh cold water to clear it. When all the scum has been removed, set the pot on the back of the fire, where the contents will stew very gently. Season with salt and pepper, two onions, four carrots, four turnips, one head of celery.

When the vegetables are done, take them out to season the soup. While the beef is cooking make the glazing as follows: Stew a piece of veal weighing two pounds, with a slice of bacon and one each of the same kinds of vegetables that were put into the pot with the beef. When done, strain off the broth and reduce to the consistency proper for glazing, and pour it over the bouilli at the moment of serving it up. For the gravy, work up a piece of butter the size of an egg, in a little flour, with a small pickled cucumber cut up fine, one anchovy, and a large spoonful of capers. Put it in the same saucepan in which the glazing was prepared, with a little water. Heat it, stirring all the while, but as soon as it simmers take it off and pour it in the sauceboat. The water in which the bouilli was boiled makes nice soup with the addition of the vegetables before spoken of, chopped up and returned to it. If preferred, they may be strained out before serving.

### **Beef Tea**

One pound of lean beef, ground fine, or cut into small pieces. Put into a glass canning jar, without water, cover tightly, and set in a pot of cold water. Heat gradually to a boil and continue this steadily for three or four hours, until the meat is like a white rag, and the juice all drawn out. Season with salt to taste, and when cold, skim. Round steak is the best for use for this purpose.

### **French Way to Prepare Beef**

Take a shank of beef; sufficient water to cover; one teacupful of whole spice and the same of whole black pepper. When thoroughly done, add half a pint of good apple vinegar. Let boil up, remove from the fire, and put in bowl, and let the meat stay in the liquor until cold. Serve as one would cold tongue.

### **Fillet of Beef with Tomatoes**

Trim a piece of fillet of beef, about four pounds, lard and tie up neatly; roast it, carefully basting. Allow twenty minutes for each pound of meat. When cooked, remove the strings, garnish with stewed tomatoes and serve.

### **Beefsteak and Kidney Pudding**

Line a dish with moderately thick paste, fill with the steak and kidney, cut into pieces, season well with pepper and salt, pour over it a cupful of beef gravy, cover with paste and bake; or tie in a cloth and boil for two and a half hours. If liked, mushrooms may be added.

### **Veal Oysters**

Select nice white veal, cut in pieces the size of an oyster, pound well, dip in beaten egg, roll in cracker dust and fry in boiling lard as oysters. A delicious manner of cooking veal.

**Brains**

Remove the membrane and wash well; soak fifteen minutes in cold water. Parboil until tender; then scramble with eggs; about a half dozen eggs to a hog or veal brain. Season to taste. Serve immediately.

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**SWEETBREADS****Sweetbreads**

There are two in a calf: one in the neck, and one near the heart; they are considered great delicacies. Select the largest. Before cooking, let them lie in cold water an hour, then plunge into hot water to whiten and harden, after which remove the outer casing and the small pipes and slice thin. Roll in batter, or egg and cracker crumbs, seasoned to taste, and fry in boiling lard. If preferred, they may be parboiled before frying.

**Baked Sweetbreads**

Take veal sweetbreads and put in cold water after removing the membranes. When ready to use parboil in boiling salted water for ten minutes. Roll in the beaten white of an egg, and then in cracker crumbs, place in a pan, dot with small lumps of butter and bake in a moderate oven about half an hour. Serve on toast.

**Sweetbread Pates**

Boil four sweetbreads; when cold, chop fine, add ten mushrooms, also chopped fine; mix with these one-fourth of a pound of butter, half pint of milk, a little flour, pepper, salt and nutmeg. Put on the fire, stir till it begins to thicken; then put in puff paste that has been prepared, and bake the pates a light brown.

**To Fry Sweetbreads**

Parboil in salt water, let cool; cut in small squares, dip in egg, roll in cracker crumbs, and fry a light brown.



### **Braised Sweetbreads**

Shred the sweetbreads after parboiling, place in a baking dish, make a tomato sauce of tomatoes seasoned with onion, salt and pepper; boil a few minutes. Moisten the sweetbreads with a part of the same; cover closely, and cook half hour slowly. Then serve with the remaining sauce.

### **Sweetbreads with Orange**

Parboil the sweetbreads in salt water; let cool, then slice, dip in melted butter and orange juice, in equal quantities. Sprinkle with salt and pepper, and place in a porcelain lined baking-dish. Bake for half an hour, basting several times with the orange and butter. Make a brown dressing by browning slightly one tablespoonful of butter with one heaping tablespoonful of flour; to this add one teacupful of chicken stock and season with celery, salt and pepper; let boil two minutes; add half teacupful of orange juice, and one finely chopped orange, removing the seed only. Arrange the sweetbreads on a dish, pour the sauce over them, and garnish with cress. Serve while hot.

### **Beef Essence**

Get two pounds of tender round of beef. Carefully trim off every atom of fat and cut the meat up in small pieces, or better still, grind it up in a meat chopper. Put it into a clean glass jar, and lightly screw on the top. Put a handful of straw in the bottom of a deep vessel, set the jar on that and surround it with a wisp of straw to prevent it from touching the sides.

Fill the vessel with cold water to within three inches of the top of the jar and set it on the stove to boil. Let it boil for an hour and a half, then remove the jar, pour the juice out and season with a little salt. Throw the meat away, for its virtue has all been extracted. This essence is not only extremely nourishing, but is very nice. Keep in a cold place.

### Fried Tripe

The day before it is to be used, boil the tripe until quite tender—about five hours; change the water once or twice—using boiling water. When needed, cut into long, narrow strips, dip in batter, or egg and bread crumbs, and fry brown in boiling lard.

### Tenderloin Steak

For an invalid, there is nothing nicer than tenderloin steak, if it is properly made. Cut the steak three-quarters of an inch thick. Have ready some bright coals, and when the broiler is hot, grease it with pure lard and lay on the steak. Turn from side to side as it cooks. Warm a plate and when the steak is sufficiently done lay it on the plate and sprinkle with salt; add a piece of fresh butter the size of a walnut. Chop the steak with a knife while putting on the butter, and in that way it will absorb it. This steak is very nutritious and delightful.

### Broiled Liver

Broil just as one would beefsteak, cooking longer.

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## MINCE-MEAT

### Mince-Meat Without Brandy

Six pounds of beef, from the shoulder; put on in boiling water and cook rapidly for a few minutes, to seal up the pores of the meat, then slowly until quite tender, salting as for table use. Allow it to simmer down as dry as possible without scorching, thereby saving all the juice of the meat. If this is not successfully done, use the liquor which is left in the mince-meat. It must be perfectly cold before chopping. To every pint of meat, take one and a half pints of apples. If the pies are preferred cold, use, instead of suet, two pints of butter: otherwise, one-half the quantity of butter and one pound of finely chopped

suet; the juice of three oranges, three pints of sugar, three pounds of raisins, stoned, two pounds of well-washed currants, two gallons of sweet cider, two heaping teaspoonfuls of cinnamon, a level teaspoonful each of cloves and allspice, two small nutmegs and half a pound of citron cut in small pieces. Should be mixed one day, at least, before using, and will keep two weeks in cold weather, or may be heated and canned. Add more spices, if liked. Make half this quantity if preferred.

### **Mince-Meat—A Winter's Supply**

Boil, until perfectly tender and well done, three pounds of the lean of fine beef. When cold chop fine. Shred and mince two pounds of fresh beef suet. Have ready seeded and cut into small pieces three pounds of raisins and three pounds of dried currants, one pound of dried citron cut into small bits and two dozen apples, peeled, cored and chopped fine. Add the juice and grated rind of two lemons, one nutmeg, also grated, a teaspoonful each of mace, cloves and cinnamon ground to powder. Lastly, two teaspoonfuls of salt and three pounds of good brown sugar. Have ready a quart bottle each of brandy, wine and sweet cider. Pour equal quantities of these liquors over your mince-meat until it is moist enough for use. Keep what is left in the bottles ready to pour on the mince-meat afresh when you take out what you need for pies from time to time. These proportions make quite a large quantity and generally would suffice for the needs of a family for the entire season. Mince-meat should be kept closely tied up in a jar, and will not spoil before the return of really warm weather. One pint of mince-meat is not too much to allow for each pie plate; a mere thin covering over the bottom will not answer, for the mince-meat must be baked in a pastry, of course.



## MUTTON AND KID

### Roast Mutton

Put the roast in a baking pan with enough water to baste, putting the seasoning in the water. Cover with another baking pan; put in a hot oven, reducing the temperature after ten or fifteen minutes; baste every fifteen minutes, until thoroughly tender, then remove the top pan and let brown. Thicken the gravy with a paste made of flour and water.

### Baked Kid

Parboil and bake, or roast just as one would mutton, seasoning with red pepper and salt.

### Kid Chops

Cut from any part of the kid; chop, flour and fry in boiling lard, covering while it cooks. Garnish with Saratoga chips.

### Mutton Chops Grilled

Cut the chops an inch thick, either from the loin or the best end of the neck; if from the latter, the bones must be shortened. Remove all superfluous fat and season each chop by pressing in a mixture of salt, pepper, and powdered herbs; then dip each chop in warmed butter and broil on a hot, well-greased grid-iron, over a clear fire, from eight to ten minutes, according to thickness. The chops require to be frequently turned, in order that they may be done equally. When cooked, place each chop, just slightly overlapping its neighbor, upon a hot dish; pour over each a dessert-spoonful of hot butter and a tablespoonful of red pepper catsup and serve immediately.

### Mint Sauce for Lamb

Two tablespoonfuls of mint, chopped fine, one of sugar, and half a teacupful of vinegar. Cook together a few minutes, and allow it to cool. This may be added to the gravy, or served separately.

### **Stewed Lamb, with Peas**

Have the bones taken out of the under side of shoulder of a lamb and bind into good shape with tape. Cover the bottom of a pot with chopped pork, and strew with young minced onions. Lay in the meat, and pour over it one quart of broth, made from the bones and trimmings; cover closely and stew until tender. Remove the meat and unbind; keep hot. Strain the gravy, return to the fire with two quarts of green peas and cook until done. Serve the meat with the peas around it as a garnish.

### **Chops with Tomato Sauce**

After trimming the chops neatly and seasoning with salt and pepper, dip each one in beaten egg, coat with fine bread crumbs and fry a rich brown on both sides, in a small quantity of lard. When done, pile the chops up high in the middle of a hot dish; surround them with a border of carefully boiled whole potatoes, rather small and even in size, and pour over all some tomato sauce; sprinkle the surface lightly with finely chopped parsley and tiny patches of sifted egg yolk and serve hot.

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## **TO CURE PORK AND BEEF**

If the meat is to be packed in salt, it should be rubbed with saltpeter before the animal heat is out, then allowed to cool thoroughly before it is packed in salt. Unless the meat is very large, three or four weeks is long enough for it to remain in salt. It should be taken out of the salt when the weather is clear and cold—a windy day is to be preferred, as the meat will then dry quickly. Make a strong pepper tea, using one dozen pods of red pepper to each half gallon of water; boil one hour. When the meat is dry, dip it into the boiling pepper tea, let remain two or three minutes. Take it out, and when dry wrap it in thick

brown paper and canvas with unbleached homespun. Be careful to sew the cloth on well. Then if preferred whitewash and hang up.

If the meat is canvased in this way early enough in the season, one will have no trouble with insects.

Hams, shoulders and the thin parts of the sides are best sugar-cured.

### **Sugar-Cured Ham, No. 1**

To one hundred pounds of meat, allow seven pounds of salt, five pounds of brown sugar, two ounces of saltpeter and half ounce of baking soda. Boil the ingredients in four gallons of water until all are melted. When the liquid is cold skim carefully. Rub the meat on all sides with red pepper; pour the liquid over it and let it remain covered, in a cool place, for eight weeks. Then hang it to dry for a day or two and smoke a week. If liked, dip in the pepper tea (mentioned in general directions) and canvas.

### **Sugar-Cured Ham, No. 2**

After all animal heat is out, trim the hams (or shoulders either), nicely cutting off about four inches of the hock or lower joints. Rub each piece with tolerably fine salt, and pack tight in a barrel that will hold brine; make a sweet pickle by using one and one-half gallons of good syrup, or its equivalent (twelve pounds) of brown sugar and six ounces of saltpeter, to forty gallons of water, with salt enough added to make the pickle float an egg. Let it boil until the scum rises, skim, set away until thoroughly cool, then pour it over the meat. Keep the meat well under the brine. The meat should remain in pickle from five to six weeks, according to temperature. When the hams are taken out, rinse in clear water and hang up to dry, and smoke with any good, hard, sound wood—hickory wood is best. You will never lose a ham if the above is followed to the letter, and better hams you never ate.



### **Virginia-Cured Ham**

For eighty pounds of pork take three pints of salt, four ounces of saltpeter, two ounces of black pepper, two pounds of brown sugar; pulverize thoroughly together. Rub this well into the meat three times a week, and if all the mixture is not used in these rubbings, give it four, or continue until all is used. After fifteen or twenty days smoke with hickory wood as long as is considered necessary.

### **Sausage**

To every twelve pounds of meat take three tablespoonfuls of salt, three of black pepper, six of sage and a teaspoonful of red pepper. Grind the meat through the mill, then mix in the seasoning thoroughly. Let remain half an hour, then grind again and stuff. Hang up in a dry, cool place. It is best not to link the sausages, as they dry more quickly when not linked. After they hang a week or ten days, or until the skins are dry, take them down, rub well with meal and place in a wooden box with brown paper between each layer. Sausage may be kept fresh for any length of time if fried, placed in jars, and covered with the drippings, or if they are not sufficient, making up the deficiency with melted lard. Keep the jar well covered, in a cool place.

### **Pickled or Corned Beef**

Boil four ounces of saltpeter in twelve gallons of water. Have ready one hundred pounds of beef cut in nice pieces for roasting. Dip each piece in the boiling saltpeter water, let remain one minute, then lay out to cool. When all have been dipped, add to the water nine pounds of salt, half gallon of molasses, five pounds of brown sugar, two ounces of pearlsh. Boil well and skim; let get perfectly cold. Pack the beef in a barrel, pour the cold pickle over it, and place weights on the beef to keep it well under the brine. Ready for use in three weeks. This keeps well.

### Seasoning for Sausage Meat

To twelve and one-half pounds of pork, ground nicely, add three tablespoonfuls of salt, two of black pepper, one-half of cayenne, two of thyme pulverized, two of sage, and one teaspoonful of saltpeter.

### Spiced Beef

Twenty pounds of round beef; rub with three-quarters of a pound of coarse brown sugar. Let stand in a pan for twenty-four hours. Pound to a powder two ounces of saltpeter, two ounces of black pepper, two ounces of allspice, one small nutmeg, one blade of mace, eight cloves; mix with twelve ounces of dairy salt, four ounces of pounded juniper berries, juice and all. Rub this mixture well into the meat, repeating daily for three weeks. Wash in cold water when ready to cook it; place in a deep covered pan, as near the size of the meat as possible, and add half a pint of water. Keep covered tightly while cooking.

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## FOWLS AND GAME

### Selection of Poultry

When choosing poultry, select birds that are plump and broad across the breast, showing some fat in the back, with white, fine-grained skin, smooth legs and toes that may easily be broken when bent back. The absence of these signs indicates that the fowls are old. Poultry that is dry-picked is considered the best: poultry that has been scalded before picked, may be recognized by the skin, which will look smooth and be tightly drawn over the flesh. When purchasing spring chickens to broil, select those with yellow legs and firm, white skin; those with dark legs are usually of an inferior quality.

### **Meat Glaze**

Meat glaze may be bought in bulk at large groceries and all it needs is to be put in a jar, which is set in a saucepan of boiling water till the glaze is melted. If preferred, however, it may be made at home, by taking some strong, unseasoned stock, made from a shin of beef, carefully removing fat and passing it through a jelly bag till quite clear. It must then be placed on the fire and boiled rapidly till a little poured on a plate will set. Care must be taken to watch closely and stir constantly or it will burn. It will keep a long time if stored in small jars or glasses and kept in a dry place.

### **Fried Chicken and Tomatoes**

Fry the chicken; when done take up; put slices of tomatoes in the frying pan, season with salt and pepper, lay around the chicken and serve hot.

### **Chicken Steak**

After separating from the body, divide the breast lengthwise and cut out the bone. Beat it slightly with a steak hammer and flatten it, and lay it on a slightly greased gridiron, over bright coals. Remove to a hot plate and put on it a piece of fresh butter the size of a walnut and sprinkle with salt and pepper.

### **Pressed Chicken**

Take a large plump chicken, wipe well with a damp towel, put in a kettle and cover with boiling salted water. Place over a moderate fire and let simmer gently until very tender. When done, take the meat from the bones and cut in small pieces. Put the bones and scraps back into the kettle and let boil until the liquor is thick; strain and season with salt and pepper. Arrange the chicken in a square tin mould, pour the liquor over it, place a light weight on top and stand in a cold place over night. When cold and firm, turn out of the mould, garnish with slices of lemon and parsley. Serve in thin slices.



### **Fried Chicken a la Creole**

Cut the chicken in pieces, dip in egg batter to which has been added two chopped tomatoes, one minced onion, with parsley, pepper and salt; fry brown in boiling fat and serve with tomato sauce.

### **Rissoles of Chicken**

Cut very young spring chicken in small pieces and parboil. Roll out squares of puff paste very thin, wrap the pieces of chicken in them and fry brown.

### **Imitation Pate de Foie Gras**

Gizzards and livers of four fowls to three tablespoonfuls of melted butter, a chopped onion, one tablespoonful pungent sauce, salt and pepper to taste. Boil livers until quite done, drain and wipe dry; when cold, rub to a paste. Let butter and chopped onion simmer together slowly for ten minutes. Strain through thin muslin; turn into a larger dish and mix with it the rest of the seasoning; work all together. Butter a small earthen jar and press the mixture down, interspersing with square bits of the boiled gizzard to represent truffles. Cover all with melted butter and set in a cool, dry place.

### **Chicken Jelly**

Chicken jelly is a food allowed in cases where the stomach cannot stand solid food.

Prepare a full grown chicken. Put it on in a pot with two quarts of cold water. Let it boil steadily until the flesh will pull to pieces readily, then remove it, pour the liquor through a colander, return it to the pot and boil it down to about half a pint. Skim, salt to taste, pour in jelly moulds and set in a cold place to thicken. Make salad of the chicken.

### **Breaded Spring Chicken**

Cut spring chicken into pieces, dip first in beaten egg, then in grated bread crumbs, seasoned with minced parsley, pepper and salt; place in a pan, lay bits of butter over, add a little water, set in the oven and bake slowly; baste often. When done, take up, pour a teacupful of cream in the pan, stir in two tablespoonfuls of grated bread crumbs and serve in sauce bowl. Garnish the chicken with parsley.

### **Chicken Croquettes**

Mince chicken enough to make two teacupfuls; season with half teaspoonful of salt, and a pinch of pepper; add one teacupful of broth in which it was cooked, three eggs, the juice of a lemon, and a large teaspoonful of cream, or melted butter. Roll in eggs and biscuit crumbs, and fry in boiling lard. If the chicken broth is not to be obtained, substitute boiling water and another tablespoonful of butter or cream.

### **Baked Chicken**

In the vessel in which the fowl is to be parboiled, have ready one quart of boiling salted water, using a teaspoonful of salt. Wash the fowl in weak soda water, wiping carefully inside and out. Place in the boiling water and cook slowly until quite tender, that is, until the joints separate easily, but not until it will fall to pieces. Remove it from the boiler, place in a hot oven, and brown quickly. With this baked chicken serve a dressing made as follows: Break into a bowl three cold biscuits, three cornmeal muffins (or same quantity of egg bread), and three crackers, or three slices of lightbread. Pour over this the stock in which the fowl was boiled. If this is not enough to moisten the bread thoroughly, use sweet milk, or boiling water and a small lump of butter. Let stand ten minutes or until it softens.

**Dressed Chicken**

Cook as many chickens as may be needed until very tender, in water enough to have one teacupful of broth to each chicken. When tender chop the chicken fine, season to taste with salt, pepper and lemon juice. Place in a square pan, or individual moulds, then slices of green peppers; in the peppers place thin slices of stuffed olives. Warm the chicken broth, dissolve a teaspoonful of gelatin to each teacupful of the broth, mix with the chicken and cover the pepper and olives a half inch thick. Then over the top sprinkle almonds parched and crushed. Set on ice to congeal. Serve on lettuce leaf, with mayonnaise or slice of lemon.

**Chicken a la Marengo**

1	3-lb. chicken	$\frac{1}{2}$	cupful brown sauce
6	mushrooms sliced	1	teaspoonful salt
$\frac{1}{2}$	cup stewed tomatoes	A few	truffles
	1	small onion	minced

Clean and dress and cut the chicken in small joints; dry it carefully and fry to a good brown in olive oil or butter. Place in a braiser with seasonings and vegetables, cover closely and simmer for half an hour, adding more water as it boils away. Serve on a chafing-dish. Garnish with croutons of puff paste and poached eggs.

**Chicken Pilau**

Wash the quantity of rice to be used and slightly brown in a frying pan with butter. The rice while browning will have to be stirred constantly. Boil the chicken in water enough to cook the rice. Then add the browned rice. Boil until the rice is done and almost dry. Season with any desired seasoning, cloves, coriander seed, allspice, cinnamon and whole peppers may be used, if liked, by placing in a bag and boiling with the chicken, being careful to remove before putting in the rice. Place the chicken in a dish, cover with the rice and garnish with crisp strips of bacon and sliced hard boiled eggs.



**Fried Chicken With Mayonnaise**

Cut a young chicken as for frying. Put in a frying pan with four tablespoonfuls of olive oil. (Melted butter or other cooking oils will answer, if preferred.) Let the chicken brown on a moderate fire, then add a tablespoonful of sifted flour. When the flour is smoothly over the chicken, add a pint of water and a tablespoonful of butter. Let simmer for half an hour. Then add one small can of button mushrooms, halved. Season with salt, pepper, a teaspoonful of sugar and one small onion. Cook five minutes, then remove the chicken, placing it on the serving dish. Reduce the dressing by boiling quickly a few minutes, pour over the chicken and garnish with narrow strips of toast and parsley.

Beat into this two eggs, one level teaspoonful of salt, and half a level teaspoonful of pepper, one blade of celery chopped fine, or, if preferred, half teaspoonful of finely chopped onion. Place in a stewpan one teaspoonful of lard, and when thoroughly hot turn in the dressing and cook twenty minutes, stirring just enough to keep from browning to the bottom.

**Spring Chicken Dressed as Terrapin**

Boil two young chickens whole, cut in pieces and put in a saucepan with a pint of soup stock and add a tablespoonful of butter; season with salt and pepper. When hot, stir in a beaten egg, two hard boiled eggs chopped fine, a glass of currant jelly, and the juice of half a lemon. Take up and serve with currant jelly.

**Smother-Broiled Chicken**

Dress a couple of broiling sized chickens (split open in the back); soak half an hour in salt water, place in a stewpan, cover with hot water and boil until tender. Then put in the oven and brown, basting with half teacupful of liquor they were boiled in, a teaspoonful of butter and some pepper.

### Deviled Chicken

In a baking pan put two teacupfuls of fresh sweet milk, and four pieces of toasted lightbread; place this over the fire, and when the toast is soft, add one and a half teacupfuls of chopped or ground chicken, one blade of celery ground with the chicken, three or four eggs, salt and pepper to taste, adding a dash of cayenne. Stir lightly together until well mixed, then bake in a quick oven fifteen minutes, when it should be a nice brown over the top.

### Broiled Chicken

After the young chickens have been dressed and cut open through the back, keep them for twelve hours; if in summer, keep in a refrigerator. Fifteen minutes before putting them on to cook, place them in strong salt water. Take from the salt water, place in a granite pan with one teacupful of boiling water, a heaping teaspoonful of butter, and a little pepper to each chicken. Place in the oven and cook one hour, basting every fifteen minutes. Serve on squares of toast, pouring the gravy over the chicken.

### To Smother-Broil Chicken

Prepare the fowls as directed for broiling. Place in a pan with one and a half teacupfuls of hot water and a heaping teaspoonful of butter. Cover the vessel and let boil slowly until very tender, then rub them over with butter, placing them in a dry pan and brown them in hot oven. To the liquor add one tablespoonful of sherry, a teaspoonful of sugar, half teaspoonful of salt, a little pepper, and a heaping teaspoonful of flour, rubbed smooth with a half teaspoonful of butter, and stirred into the gravy; or the flour may be mixed to a smooth paste with a little water, then stirred into boiling gravy. After the chickens are brown, pour this gravy over them, cover, and keep hot half an hour before serving.

### **Deviled Chicken in Peppers**

Cut the large green bell peppers in half, and remove the seed, dropping them in cold water.

Grind cold chicken, and season with salt, pepper and celery; add two cups of meat, one cup of bread crumbs, four eggs, and one cup of sweet milk. Mix well, fill the halves of peppers, dust over the tops with bread crumbs, place a small piece of butter on top of each, and bake in a hot oven until a nice brown. Serve very hot, garnishing with the delicate leaves of celery, parsley or endive.

### **Chicken Pie**

Joint a young chicken, put in a saucepan with two cupfuls of hot water, half teaspoonful of salt, and a little pepper, and cook until tender. Have ready a baking pan, lined with pastry; place the chicken in the pan, and pour over it the liquor, and if there is not enough to nearly cover the chicken, add hot water and a little salt, and a tablespoonful of butter. Roll thin the pastry for the top. Cut in inch wide strips and place over the chicken, letting the strips come well over the edge of the pan. Then cross the strips, or the top crust may be put in plain.

### **Chicken Stew With Baked Dumplings**

Prepare for cooking one or more young chickens; cut up as for frying; put in a cooking vessel and cover with hot water, salted. Boil until tender, then thicken with a teaspoonful of flour rubbed together with a dessertspoonful of butter; add a good pinch of pepper. Meanwhile make a buttermilk biscuit dough—rather short—and roll quite thin; cut into strips an inch broad and three inches long and bake in a quick oven. When the stew is done, place the dumplings in a deep covered dish and pour over them the stew. Serve at once.



### Chicken and Tomatoes

Put into a baking pan a layer of ripe, sliced tomatoes; lay the chicken on top, after preparing it as if for broiling. Season this with butter, salt, pepper, and a little flour sifted over it; then put another layer of tomatoes; spread a layer of butter on them, cover with another pan and smother. Chicken cooked with rice is also nice in this way.

### Creamed Chicken

Take the white meat of very tender chicken; slice thin, and if not seasoned, sprinkle with a little salt and pepper. Then make a cream dressing and pour over it, and serve very hot. Take the dark part of the chicken and make a salad, terrapin, deviled, or jellied chicken.

### Good Chicken Pie

Parboil one large fowl, or two small ones; line a deep pie pan with pastry rolled thin, made as one would for buttermilk, or baking powder biscuit, making a little shorter. Now put in on the pastry a layer of chicken, then a layer of pastry rolled thin and cut into strips an inch wide and two inches long. (These are called dumplings.) Next put in a layer of chicken and so on until all the chicken is in; now cover with the pastry rolled thin. Cut two or three slits in the middle, pour in two teacupfuls of the liquor in which the chicken was boiled, having stirred in the latter a tablespoonful of butter, pepper and salt to taste. When the pie is half done, replenish with more of the water in which the fowl was boiled. Add a pint of oysters, if liked.

### Old Virginia Chicken Pie

Line a deep pan with plain biscuit dough. Have two spring chickens cut in pieces; put in the pan with thin slices of fat bacon, a pint of boiling water, three hard boiled eggs, salt and pepper. Cover with a top crust, and bake slowly for two hours.

### **Fried Chicken**

Nothing but a young, very plump chicken will be good fried. As the chicken is dressed, cut off the wings, then the legs, then the thighs (using a sharp knife, and being careful to cut just where it is jointed). Then separate the breast from the back, dividing the body of the chicken into two parts. Cut the breast in two pieces lengthwise, as nearly equal in size as possible; then cut the back crosswise, making two pieces. If the chickens are very small, cut off the wings, then cut the fowl in four pieces. The chicken should be killed the day before using, and kept in a cool place. Fifteen minutes before cooking, put in salt water, using a heaping teaspoonful of salt to each cupful of water, letting the water come up well over the fowl. Take them out of the water, dry lightly; have in another vessel a cupful of sifted flour for each fowl. Dip each piece of chicken in this, being careful that it is well covered with the flour. Fry in enough boiling lard to come up well on the edges of each piece. Do not move after it is placed in the lard, until it is a nice light brown; then quickly brown on the other side. Never crowd the chicken so that the pieces will steam where they touch each other. It must be fried quickly so it will not absorb the grease.

### **Chicken Salad**

Cook chicken until very tender, then cut the chicken very fine with scissors. Do not grind. For one chicken use one teacupful of celery, one hard boiled egg, one green pepper. Mix this with mayonnaise, or use half teacupful of good vinegar, half teaspoonful pepper, half of salt and one of sugar. If the last is to be used, when the chicken has been cut, pour over it half cupful of the top, or richest part of the liquor in which the chicken was boiled.

### **Creamed Oysters**

Place one quart of oysters in their own liquor on the back of the stove or range, letting them heat gradually; season with a half teaspoonful of salt and a quarter of a teaspoonful of white pepper.

In a large porcelain lined, or granite pan, put one heaping tablespoonful of fresh butter. When it melts, sift into it two heaping tablespoonfuls of flour, stirring constantly. When this is smooth, turn in quickly a pint of fresh sweet milk and a teacupful of cream; stir until the consistency of thick cream, then set back while draining the oysters. Season the cream sauce with a teaspoonful of salt and a little white pepper, and if liked, a dash of cayenne; then turn in the oysters and serve on toast, cut in crescent shape, three pieces being on each tea-plate, the points being turned out and garnished with endive or parsley. Cut the crescents from light bread with a large biscuit cutter, cutting two from each slice of bread.

If preferred, serve the creamed oysters in timbales or patty shells. If in timbales, garnish with small French peas—using one can; heating them with a teaspoonful of butter, and a half teaspoonful each of salt and white pepper, and placing a teaspoonful on top of each timbale as they are filled.

### **To Broil Chicken**

Take as many young chickens as needed; after dressing, split them open on back, place in a flat vessel with one cupful of boiling water. Take one small onion, cut fine, brown in one teaspoonful of butter, add one-half teaspoonful of paprika, one teaspoonful of salt, baste the chickens with this while cooking. When nearly tender, add one heaping tablespoonful of flour that has been rubbed smooth in butter. Shake until this all dissolves. Then add one teacupful of Tokay or celery wine. Let it stand where it will keep hot for half an hour before serving.



### **Roast Turkey**

Clean and prepare a medium-sized turkey for roasting. Cut two onions in pieces, and put in sauce-pan with one ounce of butter and color slightly. Grate a pound of stale bread; add this to the onions with the gizzard and liver chopped fine, one-fourth of a pound of butter, and salt and pepper to taste, and mix lightly together. Stuff turkey with this mixture, sew up the opening and put to roast with a little butter on top, and a half teacupful of water. Roast in a moderate oven, allowing fifteen minutes to the pound, basting frequently. Renew the water as often as necessary, using boiling water for the purpose. When ready to serve, thicken the gravy with a teaspoonful of butter rubbed with a teaspoonful of flour. Stir until the proper consistency.

### **Canvas Back Duck**

Dress and rub inside and out with salt and pepper. Roast in a hot oven twenty minutes to the pound, basting with a teacupful of water and a tablespoonful of butter. Serve hot, with thin slices of fried hominy, and currant jelly.

### **Sweetbread Stuffing, for Turkey or Chicken**

Soak a set of sweetbreads in cold, salt water for half an hour; then drain and blanch with boiling water, and remove the membrane and pipes, if there are any. Place over the fire, in enough boiling water to cover, adding one teaspoonful of salt. Cook until tender—fifteen or twenty minutes—and remove from the fire. Make an ordinary bread dressing, as directed. Chop the sweetbreads fine, and break into them two raw eggs; stir lightly with a fork, and mix quickly into the bread dressing as directed, and proceed to stuff the fowl.

### Roast Duck with Olive Sauce

Have carefully dressed one large, plump duck. Rub inside and out with salt. Cut into small pieces, without paring, one or two cooking apples; with this stuff the duck. Place it in a roasting pan with two-thirds of a teacupful of boiling water and half teaspoonful of butter, and cover carefully. Place in hot oven; after five or ten minutes reduce the temperature of the oven; cook twenty minutes to the pound. Baste frequently; if necessary, replenish the hot water in the pan. When tender remove the cover and rub the fowl with half teaspoonful of butter, put back in the oven and brown briskly. Remove from the roasting-pan to a hot dish to be carved, or on which it is to be served, remove the apple stuffing (which is used to give flavor to the meat, but is fit for no other use). Garnish with parsley or endive and sliced lemons.

For the sauce, place the pan with the gravy on top of the stove, and stir into it a teaspoonful of butter, and one of flour which have been rubbed together to a smooth paste. Stir until smooth and of a creamy consistency. Have ready twelve olives, which have been carefully peeled, as one would peel an apple from the stones. Stir into the sauce one tablespoonful of the liquor from sugared cherries, and just before turning into the sauce bowl, stir in the olive rings. One two pound duck will serve five persons.

### Chicken Terrapin, in Timbales

For twelve persons: One large hen, one pint of cream, or rich sweet milk, one heaping tablespoonful of butter, two tablespoonfuls of flour, one can of mushrooms (culls) half teacupful of sherry, one teaspoonful of salt, quarter teaspoonful of white pepper, same of cayenne, one can small French peas, twelve timbales.

Put the hen on in boiling water, cooking slowly until tender. Remove the meat from the bones, rejecting the skin, and cut into dice. Open the mush-

rooms, and chip fine. Open the peas, turn into a stew-pan, with a teaspoonful of salt, a saltspoonful of white pepper, and a teaspoonful of butter, and set back on range to heat slowly.

In large porcelain lined, or granite pan, put the butter over the fire. When this melts, sift into it the flour, stirring constantly; when smooth turn in the cream or milk, continuing to stir the mixture; when this is of the consistency of thick cream, stir in the minced chicken and mushrooms, and the salt and pepper. Let cook a few minutes, then stir in the sherry. Try a little to see if it is properly seasoned. Serve a tablespoonful in each timbale, putting on top of each a teaspoonful of the hot peas, or the terrapin may be served in the halves of bell peppers, from which the seeds have been removed, bread-crumbs being sprinkled over the top, a small lump of butter added, and put in a hot oven for five minutes to brown.

### **Creamed Chicken and Mushrooms**

- |   |                            |   |                          |
|---|----------------------------|---|--------------------------|
| 1 | teacupful boiled chicken   | 1 | teacupful mushrooms,     |
|   | chopped in one-half in.    |   | chopped                  |
|   | pieces (white meat pre-    | 1 | teacupful cream dressing |
|   | ferred)                    | 1 | tablespoonful butter     |
|   | 1 green pepper sliced thin |   |                          |

Place in a boiler and heat. This serves six people. Pepper may be omitted.

### **Chicken Loaf**

Use same recipe as for pressed chicken, using only white meat and one teacupful of grated boiled or baked ham. Cut one-half teacupful of truffles fine and mix thoroughly.

Take a loaf of sandwich bread, slice off one end, hollow out the loaf, leaving crust one-half inch thick. Dry out in an oven. When cool, fill with the mixture and place on ice. When moulded, slice thin and serve with tartare sauce.



### **Chestnut Stuffing for Turkey**

Shell and blanch (by pouring over them boiling water, and letting it remain five or ten minutes, then slipping the skin) one quart of chestnuts. Put them on to cook in boiling water; when tender, drain and chop. Season with one teaspoonful of salt, quarter teaspoonful of butter. The addition of two tablespoonfuls of heavy cream improves the flavor, but it is not necessary. Mix in the dressing one teacupful of very small button mushrooms, and proceed to stuff the turkey.

### **Roast Wild Turkey**

Rub the inside of the turkey with salt and cayenne, hang before a brisk fire, baste with melted butter, and turn frequently until done. Cut up the gizzard and liver, stew in a little water, to which add a half teacupful of cream and a tablespoonful of butter; mix with the gravy. Serve the turkey with apple sauce.

### **Boned Turkey**

Choose a young hen that has been dry picked with skin unbroken. If killed the day before, it should have been washed, cleaned, wrapped in a damp cloth, and hung in a cool place. The work can be done much easier if the bird is not drawn. Singe, remove pin feathers and head, separate legs and wings at the first joint, lay the bird on a board, breast down.

Begin at the neck with a sharp pointed knife, cut through the skin the entire length of body. Scrape away all the meat from the backbone and sides, making a cut across the pope's nose, taking it off whole. Turn the flesh back from the bone while working, take off the leg and wing on one side before touching the other, free wishbones and collarbones, at same time removing crop and windpipe. When the ridge of the breastbone is reached it is better to cut off a thin layer of cartilage with the skin than to run any

risk of breaking through. Scrape flesh and when the boning is finished lay the bird open on a damp cloth and bring every part to proper position. Where meat is thick shave off slices to place on thinner portions that the meat may be a uniform thickness.

Spread over all a layer of forcemeat an inch thick, place on this a layer of tongue, pork and veal, or pork tenderloin, dotted with truffles cut in small strips, put a layer of very thin slices of fat pork on top; bring the sides together carefully and sew from end to end, roll firmly in cloth and place in a braising pan with two sliced onions and carrots, two teaspoonfuls salt, trimmings of the meat, parsley, a dozen peppercorns, three stalks of celery, a blade of mace and a clove; pack the crushed bones of the turkey around and cover with white stock. Bring to a boil quickly, then cook slowly three or four hours. Cool in the liquor, take off the cloth and roll it again closely, press under a heavy weight. Reduce the stock to three pints, strain, cool, remove the fat and clear, reheat.

Soak two-thirds of a package of gelatine in a cup of cold water for twenty minutes, strain, add the hot broth; strain one-half pint into a mould and the remainder into two pans; color one with one teaspoonful and the other with two teaspoonfuls of caramel. Use the jelly when stiff to garnish the turkey, with peas, canned mushrooms and fancy cut vegetables. Garnish also with celery tips and groups of forcemeat balls.

The giblets may be used for forcemeat balls. Chop them very fine, mix with an equal bulk of bread crumbs, allow one teaspoonful of butter to each cupful of the mixture, season highly, moisten with one egg yolk, make in balls the size of a hickory nut and brown in hot butter.

### Watercress Garnish

Pick and wash well the cress, dry it thoroughly and season with a little oil, vinegar, salt and pepper.

### Grouse au Cresson

Pick, singe and truss the bird, tying a piece of sliced bacon over the breast of each; roast for fifteen minutes, and serve garnished with watercress and fried bread crumbs. Serve with sauce and gravy.

### Venison. (Old Kentucky Huntsman's Recipe.)

Take a haunch of venison, put in a large kettle, cover with water, and boil until tender; drain off the water, put half a pound of butter with salt and pepper in the kettle, set over a moderate fire and let brown, first on one side and then on the other. Venison cooked in this way retains its natural flavor, and will be found delicious.

### Fricassed Rabbit

Dress and disjoint the rabbit, put into a stew pan and season with salt, pepper and parsley, chopped fine. Pour over a pint of warm water and stew over a slow fire until quite tender, adding when nearly done, some bits of butter rolled in flour, and before taking from the fire, add a gill of rich cream, or the same amount of fresh milk, with beaten yolk of one egg. Stir the gravy well, taking care not to let it boil after the cream or milk is added.

Or, prepare like grouse.

### 'Possum

To prepare for cooking: Place an axe handle across the neck, hold the tail and pull until the neck is broken. Meanwhile have ready a pot of boiling oak lye, made of a quart of oak ashes and a gallon or more of water. As soon as the neck is broken, put the 'possum in this, for a minute; take out and scrape clean; open down the breast, remove the entrails and wash thoroughly. Hang in a cool place until ready to use.



**'Possum Roasted with Sweet Potatoes**

Dress; rub inside and out with salt and red or black pepper; place in a roasting pan with a teacupful of boiling water, a tablespoonful of butter, one of vinegar and a half dozen or more small potatoes, peeled. Baste the meat frequently; when tender, remove to a dish and garnish with the potatoes and parsley.

**Stewed 'Possum**

Stew as directed for beef, using either sweet or Irish potatoes.

**Smother-Broiled Birds**

Robins, partridges, rice birds, doves and larks may be prepared just as young chickens and squabs.

**Fried Rabbit**

Prepare and fry as directed for frying chicken.

**Stewed Birds, Served With Cream Sauce**

Stew in a covered vessel six birds in a teacupful of water until quite tender; then add one tablespoonful of butter, a teacupful of sweet cream and salt and pepper to taste. Let boil up well and serve in a hot covered dish. This is a delicious breakfast dish.

**Squabs (Young Pigeons)**

Clean and soak in salt water half an hour; put in a stewpan with just enough water to cover. When the water has nearly boiled out, place in a hot stove and brown; baste with butter, pepper and a little vinegar.

**Fried Bread Crumbs**

Lay some finely grated bread crumbs in a baking dish in the oven, with a good lump of butter. Stir them occasionally and serve them when the butter is all absorbed and the crumbs crisped and a golden brown.

## HASHES AND STEWS

Chicken, turkey, game, mutton, kid, lamb, or pork, may be used instead of beef in the recipes for "Baked Hash No. 2," "Milk Hash," "Dry Hash" and "Hash on Toast," using no butter, when pork is the meat selected. Mix the thickening for hash, or stews, in a teacup, with a fork and it will never be lumpy. Of course the paste must be well beaten.

### Baked Hash, No. 1

Mince and season highly, cold meat; put it into a baking dish with some gravy, left over; fill the dish about half full, then put creamed Irish potatoes over the top and brown in the oven.

### Baked Hash, No. 2

Cut cold beef left from soup, in very small pieces, and put into baking dish. Season with salt, pepper, and a little onion, or onion juice. Cut into blocks several cold, boiled Irish potatoes and a teaspoonful of butter; add these, and for a quart of this mixture, add half a teacupful of water. A little celery or parsley chopped fine and added gives a good flavor; this may be used with, or instead of the onion. Bake half an hour.

### Milk Hash

Cut or shred three teacupfuls of cold, boiled beef, or chicken; place in a stew pan as much cold water, half a teaspoonful of salt, a good pinch of pepper, one small onion or one tablespoonful of celery, cut fine. Let this boil for twenty minutes; add a teacupful of sweet milk, thicken with a teaspoonful of flour—sifted—mixed with water and cook five minutes longer. Add a teaspoonful of fresh butter and serve in covered dish. Mix the paste for thickening in a teacup, with a fork.

### Hash and Toast

Mince two teacupfuls of beef left from soup; place in a stew pan with three teacupfuls of cold water, half teaspoonful of salt, a pinch of pepper, a little onion chopped fine. Boil twenty minutes; thicken with a teaspoonful of flour mixed with water, let cool five minutes longer; add a teaspoonful of butter. Have ready twelve small pieces of light bread, or six stale biscuits toasted; place in deep dish, pour the hash over and cover. Serve hot.

### Egg Broth

Whip an egg to a light froth; then stir into it a half pint of good veal or mutton broth quite hot; add a little salt and serve with toast.

### Dumpling Stew

Make a stew of chicken or beef, as directed for beef stew; substitute dumplings made of baking powder biscuit dough for the potatoes; put the dumplings on the meat, and cook until done. Add a teaspoonful of butter.

### Beef Stew, No. 1

Take two pounds of beef (brisket) and boil for an hour and a half in just enough water to cover, then put in six Irish potatoes (peeled), and boil until done. Season to taste with salt, pepper and butter. Add water if needed. There should be just enough for gravy. Thicken with a tablespoonful of flour mixed with water.

### Beef Stew, No. 2

Place one pound of beef (the brisket) in enough boiling water to cover, with a teaspoonful of salt. Boil until tender. Pour off the water for soup or stock, cut the beef into medium sized pieces, and put in a stew pan. Meanwhile boil three Irish potatoes in jackets; when the beef is ready peel the Irish potatoes,



break with a fork, and add to the beef, with salt to taste, together with two teacupfuls of boiling water, a little pepper, and a heaping teaspoonful of butter. Cook for ten minutes; then thicken with a teaspoonful of flour mixed with water. Let boil up well; cook two minutes longer and serve. The meat from soup is very good for this stew.

### Irish Potato Stew

Slice thin four boiled potatoes. Place in a stew-pan with one teacupful of sweet milk, and one of water (or all milk, if plentiful), salt and pepper to taste. Let boil; then thicken with one tablespoonful of flour mixed to a smooth paste with cold water; then stir in a teaspoonful of butter and pepper to taste. Let simmer ten minutes, then serve.

### Dry Hash

Shred the meat and proceed as for Hash No. 2; cook in a covered stew pan on top of the stove.

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## SANDWICHES AND CROQUETTES

When making sandwiches, trim the crust from a loaf of fresh bread, butter the end, then cut off a thin slice, butter and cut again, until all is buttered. This prevents the bread breaking, or tearing when buttered. Now spread with whatever meat or paste is to be used, putting together two slices; if liked, tie with narrow ribbons, and serve.

### Lobster Sandwiches

Pound the flesh of a freshly boiled lobster to a smooth paste, adding, while pounding, a sufficient seasoning of salt, pepper and pounded mace; moisten with a little warmed butter and mix thoroughly. Spread the preparation between some small, daintily prepared croutons and mask the top with thick bechamel sauce.

### **A Dainty Sandwich**

A dainty sandwich is made by frizzling the thinnest possible bacon till it can be crushed with a fork, then spread it between slices of bread and butter.

### **Sandwiches a la Parisienne**

These delicious little "tid-bits" can be made with either fish, poultry, game, or ordinary meats, but we will suppose that the first named is being used. Free the fish from bones and skin, mince it finely, season rather highly with salt and cayenne, and put it into a basin with two hard boiled eggs, finely chopped, and sufficient sauce of some kind—"tartar" being preferred—to moisten the whole. Mix all these ingredients well; then spread the preparation between slices of thinly cut brown or white bread and butter; stamp out in small rounds, squares, or finger shapes, press together and butter the tops. Sprinkle on half of the sandwiches a little very finely chopped mustard and cress and hard boiled yolk of egg rubbed through a fine sieve; and on the other half, the mustard and cress and the white of the egg chopped very fine. Arrange the sandwiches in twos—one of each color—on tiny plates and garnish with a little tuft of mustard and cress at each corner.

### **Pineapple Sandwiches**

Spread slices of bread with grated pineapple cheese, lightly mixed with chow-chow sauce, the liquid part of chow-chow pickle.

### **Egg Sandwiches**

Chop hard boiled eggs fine, with cucumber pickles; add pepper and salt and a little mayonnaise. Rub smooth with a silver knife; spread between slices of buttered bread.

### **Ham Sandwiches**

Mix grated ham with mayonnaise, and spread between slices of thinly cut bread.

### Deviled Ham Sandwiches

Remove ham from can and rub enough to soften; then spread on bread cut thin, and just before putting the pieces together, pass over each one a knife which has been dipped in chow-chow or mayonnaise.

### Neufchatel Sandwiches

Mash one neufchatel cheese with half tablespoonful of soft butter, one tablespoonful of sherry wine, two tablespoonfuls of English, or black walnuts, finely chopped; season with salt and cayenne pepper, and spread between butter thins.

### Pepper Sandwiches

Slice bread thin, butter before cutting, spread with mayonnaise dressing, then place a slice of red pimento, then the mayonnaise, then another slice of red pimento, then the mayonnaise, then another slice of buttered bread; press firmly. Serve on lettuce leaves or place a lettuce leaf and a thin slice of crisp bacon between the pepper and bread.

### Lenten Sandwich

Chop hard boiled eggs fine, with cucumber pickles; add a lobster; add a half teaspoonful of butter, mix all together into a paste; season with salt, cayenne and lemon juice. Slice light bread very thin, spread with the mixture, lay a leaf of crisp lettuce over each slice, cover with another slice of buttered bread, cut the sandwiches in half, and serve on a napkin.

### Cheese Sandwiches

1	small cream cheese	$\frac{1}{2}$	cupful melted butter
$\frac{1}{2}$	cupful English walnuts (rolled fine)	$\frac{3}{4}$	cupful thick cream

Make a paste of the mixture, thinning with more cream if too stiff; spread between thin slices of bread. Season highly with salt and paprika.



**Oyster Sandwiches**

Take cold stewed oysters; put into a chopping bowl which has been rubbed with raw onion. Chop oysters very fine; add pepper and salt, a pinch of powdered mace, and a small slice of cold boiled ham. Pour in sufficient of the liquor in which they have been cooked to reduce the mixture to a paste, adding a little lemon juice; then with a silver knife spread each slice of bread with it.

**Brown Bread Sandwiches**

$\frac{1}{2}$	teacupful chopped raisins	1	cream cheese
$\frac{1}{2}$	teacupful rolled almonds	$\frac{1}{2}$	cupful melted butter

Thin with cream and season with salt and paprika. Cut the bread very thin.

**Date Sandwich**

Use recipe for cream cheese sandwich, adding chopped seeded dates, and using almonds in place of English walnuts. Butter bread. Either brown bread or white may be used, or one slice of each, placing brown bread on top and white underneath.

**Egg and Tomato Sandwiches**

Mash the yolks of hard boiled eggs, add thick cream or melted butter to make a paste, season with salt, pepper, curry powder and a little tomato catsup. Spread the paste on thin slices of bread and place a slice of tomato between.

**Club Sandwiches**

Toast medium slices of bread, that have had the crusts cut from them. Spread each slice of bread with good mayonnaise dressing. Then on one slice of bread place a lettuce leaf, and a slice of chicken; then a slice of bread, covered with crisp slices of breakfast bacon; then a slice of tomato and the slice of bread that has the mayonnaise on it.

### **Sweet Sandwiches**

Cut slices from a plain loaf cake, as you would bread for sandwiches. For a filling, cream fresh butter with sugar, in equal quantities, and add melted chocolate and flavoring. When this is the desired consistency, spread between the slices of cake. If liked, the sandwiches may be dipped in melted sweet chocolate, standing them on end to dry.

### **Olives and Liver Sandwiches**

Rub smooth as many boiled chicken livers as may be desired. To each two livers add four finely chopped olives and two teaspoonfuls of mayonnaise. Mix and season with red pepper and salt. Spread between thin slices of buttered bread.

### **Cheese Sandwiches**

Chop very fine one small onion, nine olives, one green pepper, tablespoonful of chow-chow pickle, and add one cupful of grated cream cheese. Mix all with the mustard from the chow-chow, or with mayonnaise. Spread between thin slices of bread.

### **Hominy Croquettes**

Boil one cup of fine grits in three cups of water until thoroughly done, take from the fire, season with salt and beat into them three eggs and half a cupful of cream. When cold, make into balls, roll in egg, then in bread crumbs, and fry.

### **Chicken Croquettes**

Cut fine one pound of chicken, in meat cutter, season highly with salt and pepper; take four or five slices of loaf bread and drop them into water, in which the chicken was boiled; beat yolks of four eggs, take the bread from the water and stir into the yolks; then put it on the fire, stirring until it becomes smooth, adding one tablespoonful of butter; chop up one blade of celery very fine, stir into the meat; make cakes, dip in egg and roll in bread crumbs and fry in boiling lard.

### **Caviar Sandwiches**

Butter a thin slice of bread with oil mayonnaise, then on this place a crisp lettuce leaf. On the lettuce place a very thin slice of Roquefort cheese and on this a layer of caviar, a slice of Spanish pepper, a second lettuce leaf, and then the bread, buttered with the oil mayonnaise.

### **Irish Potato Croquettes**

Boil, mash, season and cream, four large potatoes; make into balls or cakes and fry in boiling lard; when done, place on brown paper, to absorb as much grease as possible. Keep warm until served. Add finely minced chicken, ham, veal or pork, if liked.

### **Ham or Fresh Pork Croquettes**

Boil, mash, season with butter, salt and pepper and cream, three or four large Irish potatoes. Stir into them one teacupful of finely chopped, cold boiled ham, or cold boiled fresh pork (only the lean meat). Make into cakes and fry in boiling lard.

### **Salmon Croquettes**

Take equal parts of canned salmon (after drawing off the oil) and mashed potatoes; season with salt and pepper, dip in egg, roll in biscuit crumbs, and fry in boiling lard. Serve immediately.

### **Cod Fish Balls**

For codfish balls, take two cupfuls of pickled codfish (salt) two cupfuls of mashed potatoes, one teaspoonful of butter, one-fourth cupful of sweet milk and some pepper. Pick the codfish into small pieces, soak it in cold water for half an hour, then drain and pour over it enough boiling water to cover; cook fifteen minutes. Drain and press out all water, then mix with potatoes, which should be well beaten; add all the other ingredients and beat well. Form into balls, roll in beaten egg, then in bread crumbs and fry in boiling lard.



### **Rice Croquettes**

Take one teacupful of boiled rice, warm or cold, and one-half a cupful of cracker or bread crumbs, two or three eggs well beaten and salt to season. Mix the rice and crumbs in the eggs, with the salt, make into small balls and fry in boiling lard. When done, place for a few minutes on brown paper to absorb the grease.

Green corn croquettes are made the same way, substituting corn for rice.

### **Fish Croquettes**

Rub together one tablespoonful of flour and one of butter, and stir into half pint of boiling milk. Add a teaspoonful of finely chopped parsley and a quarter of a teaspoonful of onion juice. Cook this paste until it is thick, add two cupfuls of cold boiled fish and boil up again. Remove it from the fire, season it with pepper and salt. When cold, make into balls, or cylinders, dip in beaten egg and bread crumbs and fry in boiling lard. Serve on a napkin.

### **Breakfast Bacon**

Slice very thin, place on a broiler and cook, not too fast, until crisp and just a light brown.

### **Cream Cheese Sandwiches**

One cream cheese, one-half teacupful of pounded peanuts, one tablespoonful melted butter, one-half teacupful of cream; salt and pepper. Make a paste of these ingredients, and spread a thin layer between slices of bread.

### **Plate Sandwiches**

Spread between thinly buttered slices of fresh bread, grated cheese and a layer of finely chopped dates.

### **Caviar Sandwiches**

Place between thin slices of buttered bread a layer of caviar, salted to taste.

### **Cucumber Sandwiches**

Slice thin large cucumbers. Place slices between bread, cut in round slices that have been spread with mayonnaise.

### **Raisin Sandwiches**

One cupful of seeded raisins, one-half cupful of walnuts. Chop raisins and nuts fine and mix with enough mayonnaise dressing to form a paste. Spread between buttered bread.

### **How to Cook Bacon**

Lay thin slices on a bacon rack, place in the oven and broil until brown. Cooked this way, the bacon does not crinkle.

### **Tomato Sandwich**

Cut thin slices of white bread round, just a bit larger than the tomatoes. After spreading the bread with mayonnaise, place a slice of peeled tomato between the slices.

### **Cheese Dreams**

Spread a thin layer of American cheese or Swiss cheese between thin slices of white bread cut round. Fry in hot butter a light brown. Serve hot.

### **Deviled Chicken Sandwiches**

Cover thin slices of bread with fresh crisp lettuce leaves. Spread with deviled chicken, garnishing with olives stuffed with pimientos.

### **Salmon Sandwiches**

Pick the salmon to pieces, season with mayonnaise, salt and pepper. Spread on slice of bread, put thin slices of cucumber on this, and then another slice of bread with mayonnaise. Put together and serve.

## SAUCES FOR MEATS, ETC.

### Drawn Butter

Take a teacupful of fresh butter, mix with it a half teacupful of flour, add a pint of hot water. Set the tin vessel containing this mixture in a large one of boiling water. Shake it constantly until it is melted and begins to simmer. Let it boil up once, then remove from the fire.

### Cream Sauce

Melt one tablespoonful of butter; when hot and bubbling, add one tablespoonful of sifted flour; cook until frothy, stirring constantly. Add slowly, two teacupfuls of sweet milk, and salt and pepper to taste, let all come to the boiling point; and it is ready for use.

### Chili Sauce

Twenty-four large tomatoes, eight red peppers, eight onions, medium size, four tablespoonfuls of salt, four teacupfuls of vinegar; chop peppers and onions fine, stew with tomatoes, add the vinegar and bottle while hot.

### A Good Mushroom Sauce

One large spoonful of butter, place this in a sauce pan; one small finely chopped onion and a small piece of carrot; a little thyme, whole pepper. Trim close, let brown slightly, stir in slowly one tablespoonful of flour, then add one-half cupful of sherry wine and one and a half cupfuls of bouillon. Stir in a spoonful of the bottled mushroom sauce and let simmer slowly for half an hour. This is nice to serve with mushrooms and sweetbreads. After the sweetbreads have been parboiled, cut them up with equal quantity of mushrooms; fry them in butter in a granite pan, and just before taking from the fire, pour over the sauce which has been strained and kept warm. Let boil up once and serve very hot.



### **Egg Sauce for Meats or Fish**

Make a pint of drawn butter, add one tablespoonful of pepper or Worcestershire sauce, a little salt and four hard boiled eggs, chopped fine. Pour over baked meat or fish or serve in a sauce bowl.

### **Bechamel Sauce**

Put in a stew pan two ounces of fresh butter and four ounces of flour; knead together with a wooden spoon and add a pint and a half of cold milk, one onion, a little thyme, a bay leaf, a little parsley and three or four mushrooms (all these vegetables cut thin). Stir the sauce over the fire; boil a little while, then pass it through a fine strainer; put back in a stew pan and boil for ten minutes with half pint of cream.

### **Drawn Butter for Baked Fish**

One pint of hot water, one-half cup of butter, two tablespoonfuls of flour, one-half teaspoonful of salt, one saltspoonful of pepper, two tablespoonfuls of lemon juice, a few grains of cayenne and two table-spoonfuls of chopped olives or pickles.

### **Remoulade Dressing**

Mash the hard boiled yolks of three eggs until perfectly smooth, then add a raw yolk, and work with a spoon; add half a teaspoonful of salt, a pinch of cayenne and a gill of oil drop by drop, stirring rapidly; then add a tablespoonful of vinegar gradually, mix well and it is ready for use.

### **Horseradish Sauce**

Two tablespoonfuls of grated horseradish, two of cider vinegar, one cupful of cream, yolk of one egg, salt to taste, one ounce of butter. Cover the horseradish with water and boil it for half an hour. Strain, add the vinegar, butter and salt, stirring until mixed. Beat the egg and cream together and add just before serving. Very nice with raw oysters, or cold meat.

### **Bearnaise Sauce**

Yolks of four eggs, dash of cayenne pepper, four tablespoonfuls of olive oil, one-fourth teaspoonful of salt, four tablespoonfuls of hot water, one of vinegar. Beat the yolks until creamy; add the water and oil; stand the bowl in a pan of boiling water and stir until the eggs thicken. Take from the fire and add the vinegar, salt and pepper; mix well and stand away to cool.

### **French Dressing**

Put half a teaspoonful of salt in a salad bowl, with half as much pepper, and add gradually three tablespoonfuls of oil, mix and drop in by degrees three tablespoonfuls of vinegar; stir until smooth.

### **Salad Dressing**

Beat one egg slightly, then stir into it one heaping teaspoonful of mustard, one-half teaspoonful each of salt and sugar, a little black pepper, and one-half teacupful of vinegar; drop in a lump of butter about the size of a hickory nut, and stir over the fire until the consistency of custard. (When cold, it is nice on tomatoes, lettuce, cold meat or any kind of salad.)

### **Mayonnaise Dressing, No. 1**

Fill a bowl with ice water, and let stand ten minutes, empty it, and break in the yolks of two raw eggs, beat until creamy, add a teaspoonful of salt, half as much pepper, and a tablespoonful of oil, beat until thick, and add gradually a half pint of oil, thin with two tablespoonfuls of sharp vinegar, pouring a few drops at a time. The beating should be done regularly from right to left, and the dressing should be rich cream color when done.

**Mayonnaise Dressing, No. 2**

One heaping tablespoonful of mustard, one of sugar, one teaspoonful of salt. Mix this into a smooth paste with vinegar; then add two well beaten eggs, two teacupfuls of vinegar and a heaping tablespoonful of butter. Cook in a double boiler until thick; set aside, and when cold, bottle. This will keep for several weeks in summer, and longer in winter.

**Mayonnaise Dressing, No. 3**

One pint of olive oil (or cooking oil), yolk of one egg, one lemon. Salt, red pepper, and a pinch of mustard, if desired. Beat yolk of egg, add the oil, one or two drops at the time, then add the lemon juice, salt and pepper; season to suit the taste.

**Mayonnaise, No. 4**

8	tablespoonfuls vinegar	$\frac{1}{2}$	teaspoonful pepper
4	tablespoonfuls sugar	$\frac{1}{2}$	teaspoonful mustard
3	eggs (yolks)	1	ball butter
$\frac{1}{2}$	teaspoonful salt	$\frac{1}{2}$	pt. cream (beaten)

Boil the vinegar; add eggs which have been beaten up with seasonings. When it thickens, put in butter and set aside to cool. Stir in whipped cream just before serving.

**Mayonnaise, No. 5**

Mix a teaspoonful of dry mustard, one-half teaspoonful of salt, one teaspoonful of sugar and a pinch of red pepper with a teaspoonful of lemon juice or vinegar; add to this the yolk of an egg and beat well; add a cupful of olive oil (a few drops at a time) until a third is stirred in, then put in faster. Egg and olive oil must be ice-cold.

The quantity may be increased and color decreased by the addition of very stiff whipped cream or the white of an egg beaten stiff. If mayonnaise is intended for a fruit salad, omit the mustard.



### **Cooked Mayonnaise**

Take a half teaspoonful of mustard, half teaspoonful of olive oil and mix to a paste. Add yolks of two eggs, one-quarter cupful of vinegar or lemon juice and boil in double boiler. Stir constantly until mixture is thick. Keep in cool place until ready to serve. Omit mustard if mayonnaise is to be used with a fruit salad.

### **Mayonnaise for Fruit Salad**

Make mayonnaise according to recipe for Mayonnaise No. 1, using lemon juice. Whip in an equal amount of thick cream.

### **Congeaed Mayonnaise**

To one cupful of well seasoned mayonnaise add one cupful of stiffly whipped cream and two tablespoonfuls of gelatine dissolved in as small quantity of water as possible. Add two cucumbers chopped fine, one tablespoonful of finely chopped onion, two tablespoonfuls of finely chopped celery. Allow to stand on ice several hours to congeal, and serve on lettuce leaves.

### **Sauce Robert**

Sauce Robert is the time honored sauce to serve with pork chops. A simple rule for this calls for half an onion, sliced and fried with a teaspoonful of butter till brown. Add a teaspoonful of sugar, sprinkling it in. This is to glaze the onions. Add half a wineglass of white wine and cook for six minutes. Then add a pint of sauce Espagnole or brown gravy. Let the mixture boil for about fifteen or twenty minutes, slowly. Then add a teaspoonful of English mustard, wet with a little cold stock.

### **Sauce Tartare**

Half a pint of mayonnaise, three olives, six cucumber pickles, one small onion or leek chopped fine; add this to the dressing with half a teacupful of cider vinegar; mix well.

**Sauce for Salads, Tomatoes and Cold Meats**

Beat well four eggs, leaving out the whites. Mix together one tablespoonful of mustard, one of sugar, one teaspoonful of salt, half teaspoonful of cayenne pepper and a cupful of vinegar. Turn into a pan and set the pan in boiling water. Cook until the consistency of thick cream. This, well bottled, will keep in a cool place for some time.

**A Northern Recipe for Sauce for Toast and Broiled Birds**

Mix equal parts of curry powder, powdered truffles, bread crumbs and browned flour, the yolk of one hard boiled egg, grated rind of one-half lemon, one tablespoonful of Chili sauce, a little butter and a teaspoonful of lemon juice. Season with salt, cayenne pepper and nutmeg to taste. Stir over a slow fire until quite brown and thick.

**Curry Powder**

An ounce of ginger, one of black pepper, one of mustard, one of allspice, half an ounce of cardamon seed and cummin. Three ounces each of coriander seed and turmeric. Pound well, sift and put in bottles, being sure to have them well corked. Use one tablespoonful to season one pound of meat. When using curry powder, squeeze a little lemon juice over the meat. When making curried rice, do not use lemon.

**Celery Vinegar**

A quart of fresh celery, chopped fine, or a quarter of a pound of celery seed; one quart of good apple vinegar, sugar and salt; pour it boiling hot over the celery, let it cool, cover tightly and set away. In two weeks, strain and bottle.

**Roquefort Cheese Dressing**

Break in small pieces, one-fourth pound of Roquefort Cheese, to it add one-half pint of French Dressing.

### **Tomato Sauce**

One gallon of ripe tomatoes, strain to get the seed out; one quart of strong vinegar, three tablespoonful of ground mustard, three of salt, three of black pepper, three of red pepper, and one of ground ginger. Boil until thick enough to bottle.

### **Tartar Sauce**

Add to one-half pint oil mayonnaise dressing, one-half teaspoonful mustard, one dill pickle chopped fine, one small chopped onion, and three chopped olives.

### **Sauce for Fish**

Four small onions, one tablespoonful pistachio nuts, one tablespoonful blanched almonds, two Irish potatoes (boiled), one-half cup of olive oil, one-half cup of vinegar. Chop fine and mix well, and season with pepper and salt.

### **French Salad Dressing**

One teacupful of olive oil, two tablespoonfuls of vinegar, one onion, one teaspoonful salt, paprika and a little Worcestershire sauce. To salt and paprika, add the Worcestershire Sauce, then the oil, then the vinegar. Grate onion and beat in the juice.

### **Italian Salad Dressing**

Rub a bowl with garlic, add one teaspoonful of salt, one-fourth teaspoonful tobasco sauce, one-fourth teaspoonful paprika, one teaspoonful tomato catsup.

Pour over this one-half teacupful of olive oil, and mix in last one tablespoonful of good vinegar.

### **Vinagrette Dressing**

Make a French dressing of three measures of olive oil and one measure of vinegar, beat until creamy. Season with salt and red pepper. Then add an equal quantity of finely chopped pickles.



**Caramel Sauce**

Take one and a half cupfuls of sugar, one tablespoonful of flour, one and a half cupfuls of water and one and a half tablespoonfuls of butter. Caramelize half the sugar, add boiling water. Mix the flour and remaining sugar and add to caramel mixture. Add butter. Stir constantly while cooking.

**Tomato Sauce**

1	can tomatoes	$\frac{1}{4}$	teaspoonful black pepper
4	tablespoonfuls vinegar	$\frac{1}{4}$	teaspoonful cloves
1	tablespoonful sugar	$\frac{1}{4}$	teaspoonful cinnamon
1	teaspoonful salt		Little onion if liked
$\frac{1}{4}$	teaspoonful cayenne		

**Indian Dressing**

To one cupful of mayonnaise, well seasoned, add two tablespoonfuls of India Relish, and one tablespoonful of Chili sauce and a teaspoonful of finely chopped onion.

**Chili Sauce**

20	tomatoes	1	tablespoonful mustard seed
6	onions	1	tablespoonful celery seed
6	green peppers	2	teaspoonfuls cinnamon
1	cupful vinegar	$\frac{1}{2}$	teaspoonful cloves
1	cupful sugar		(ground)
1	tablespoonful salt	$\frac{1}{2}$	teaspoonful allspice

Peel and boil the tomatoes three-quarters of an hour. Add all but the ground mustard seed. Boil two and a half hours. Add mustard seed half hour before taking up.

**French Dressing**

Put into a shallow bowl one-half teaspoonful of salt, half cupful of olive oil. Add very slowly, stirring constantly, a tablespoonful of vinegar or lemon juice. Mix just before serving. A very small amount of paprika may be added if desired, or a dash of Worcestershire sauce. A slight and almost indiscernible flavor may be added by rubbing the bowl with a piece of cut onion or garlic just before mixing the dressing. A decided taste may be acquired by the addition of a few drops of onion juice.

### **Russian Dressing**

Put the yolk of one egg in cold bowl and beat with a silver fork until light, then add one cupful olive oil, drop by drop at first, and as the mixture thickens, add oil more rapidly. Mix one teaspoonful mustard, one-half teaspoonful of salt, one-eighth teaspoonful of white or a pinch of red pepper, and one teaspoonful of vinegar or lemon juice. Stir until smooth, then add to egg and oil. If too thick, add vinegar or lemon juice. Add last two tablespoonfuls of tomato catsup or Chili sauce. One tablespoonful of finely cut chives adds to this dressing.

### **Italian Dressing**

Mix together one teaspoonful of tomato catsup, a half teaspoonful of paprika, half a teaspoonful of salt, a pinch of mustard, four tablespoonfuls of olive oil, one tablespoonful of vinegar or lemon juice, a half teaspoonful of onion juice. Another way to mix is to put ingredients in a cruet (half filled) and shake until they mix.

### **Hollandaise Dressing**

Put four tablespoonfuls of olive oil in a double boiler, add the beaten yolks of four eggs and beat well together; then add one and one-half tablespoonfuls of lemon juice, one-half teaspoonful of salt and one-tenth teaspoonful cayenne pepper; then add slowly one cupful of hot water, stirring constantly until it thickens, but do not boil. Remove from the fire and continue to stir for a few minutes. It should be creamy and consistent.

### **Sauce Tartare**

To a cupful of Mayonnaise No. 5, add one tablespoonful of capers, three chopped olives and two chopped gherkins or small pickles and a half teaspoonful of finely-chopped green herbs, if desired.

### **Anchovy Sauce**

Work a teaspoonful of anchovy paste with two teaspoonfuls of olive oil until very smooth; then work in, a little at a time, four tablespoonfuls of olive oil, then add a tablespoonful of lemon or lime juice, a pinch of salt, a pinch of paprika and a teaspoonful of chopped parsley or chives. As the anchovy paste is salted, one must taste the sauce to ascertain how much salt to use.

This sauce may be served with all forms of fish dishes, either hot or cold.

### **Cucumber Sauce, No. 1**

Grate two good sized cucumbers, and allow all the water to drain away. Add one-half teaspoonful of salt, a dash of cayenne, a tablespoonful of vinegar, and serve at once.

### **Cucumber Sauce, No. 2**

Peel two cucumbers, cut in four lengthwise; if overgrown, trim off the seeds, cut in slices; there should be one pint of this and one pint of sliced onion; blanch, salt and cayenne to taste; drain and simmer until tender in one pint of good gravy and pour over broiled steak when ready to serve; or pour the raw vegetables over a pan-broiled steak as soon as browned and simmered.

### **Horseradish Butter**

Pound in a mortar one teaspoonful of grated horseradish with one tablespoonful of butter. Season with one-third tablespoonful of red pepper. Rub through a fine sieve and keep in a cold place. When this butter is added to other sauces it should not boil.

### **Black Butter**

Cook one-fourth cupful of butter in the frying pan until it becomes brown; add 6 parsley leaves, heat again for one minute, then throw in one-half teaspoonful of vinegar. Pour it into a sauce bowl and serve.



**Mint Sauce**

- |   |                       |               |                         |
|---|-----------------------|---------------|-------------------------|
| 4 | tablespoonfuls minced | $\frac{1}{2}$ | teaspoonful soft butter |
|   | mint leaves           | 6             | tablespoonfuls vinegar  |
|   | 1                     |               | tablespoonful sugar     |

Place mint in small covered bowl or cup and cover with sugar; let it stand one hour. Add salt to hot vinegar and pour over the mint; let this infuse for ten minutes before serving.

**Sauce a la Tortue**

- |               |                        |               |                       |
|---------------|------------------------|---------------|-----------------------|
| 3             | cupfuls brown consomme | 1             | bay leaf              |
| $\frac{1}{2}$ | can mushrooms          | 2             | tablespoonfuls flour  |
| $\frac{1}{2}$ | can tomatoes           | $\frac{1}{2}$ | teaspoonful salt      |
| 1             | truffle                |               | Few grains red pepper |
|               | $\frac{1}{4}$          |               | cupful sherry         |

Combine the consomme, the liquor from the mushrooms, tomatoes and seasonings. Cook these together and strain. Brown the butter, add the flour and brown together; add liquid mixture slowly, then the mushrooms and truffles cut fine. Cook together for five minutes. Add sherry and serve.

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**SALADS**

When prettily garnished with fresh green leaves, blossoms, slices of lemon and cold boiled eggs, etc., salads are very much more attractive and appetizing.

Never add the dressing to a vegetable salad until just before serving, and stir as little as possible, that the freshness may be retained.

The vegetables prepared for salads are celery, tomatoes, cauliflower, watercress, lettuce, asparagus, potatoes, cucumbers, cabbage and endives.

The meats are: Chicken, tongue, turkey, pork tenderloin, veal and ham.

Fish: Lobster, shrimp, oyster, salmon, mackerel, sardine and anchovy.

Vegetable salads are frequently served with roast chicken or game.

Salads are served after the meat or game course, and should be accompanied by plain biscuit and cheese.

**Pear Salad**

Cut pears in halves. Fill centers with a paste made of cream cheese and English walnuts. Serve with mayonnaise.

**Pimento and Pineapple Salad**

One can of pimentos, two cans of sliced pineapple, one head of lettuce. Place pimentos on slice of pineapple on a plate garnished with the heart of lettuce. Serve with mayonnaise.

**Cucumber Jelly**

Use recipe for tomato jelly, and use cucumbers cut in blocks instead of tomatoes. Serve with mayonnaise.

**Romaine Salad**

Wash romaine carefully in cold water; place leaves on a plate and serve with French dressing.

**Lettuce and Tomato Salad**

Cut tomatoes in slices, and place on plate with the heart of lettuce. Serve with French dressing, or Roquefort Cheese dressing.

**Grape Fruit Salad**

Carefully remove the meat from the grape fruit, not leaving any skin. Place on lettuce leaves and serve with either French or mayonnaise dressing.

**Fruit Salad**

Two grape fruits, four oranges, one can of pineapple. Mince the grape fruit, oranges and pineapple, and mix with French dressing. Place on lettuce leaves and serve very cold.

**Stuffed Tomatoes**

Peel large ripe tomatoes. Scoop out centers, and fill with a mixture made of equal amounts of chopped almonds, pineapple cut in small pieces, and tomato. Serve on lettuce with mayonnaise No. 1, with cream for mayonnaise.

### Pear Helene

In a goblet place a layer of cake; add vanilla ice cream until the glass is two-thirds full. Place in the center a brandied or preserved pear (stem up), and fill around the sides with whipped cream. Serve with hot chocolate sauce.

### Tomato Aspic

One can tomatoes, one-half box gelatin, one onion, one stalk celery (may be omitted), two lemons, two tablespoonfuls sugar, one tablespoonful vinegar, salt and red pepper. Mince the celery and onions and boil with tomatoes in one teacupful of water for ten minutes, and sugar, vinegar, salt, pepper and juice of lemons, then strain and pour over the gelatin that has been soaking for ten minutes in enough cold water to cover it. Then mold and set in refrigerator to jelly. When stiff, serve on lettuce leaf with mayonnaise.

### Grape Fruit Jelly

Four grape fruits, one box gelatin, two lemons, two tablespoonfuls sugar, one pint boiling water.

Soak gelatine for fifteen minutes in one teacupful of cold water, then pour the boiling water, the lemons, squeezed, then stir in the sugar, then strain and pour over the grape fruit pulp. Pour in a mold, and when jellied, serve with mayonnaise dressing.

### Tongue Jelly

Make a plain lemon jelly leaving out the sugar, and replacing it with salt and pepper. While hot, pour enough in a mold to cover two inches. Cool, and when stiff enough not to run, add a layer of sliced boiled tongue and small onion pickles. Over this pour the remainder of the gelatin, being careful that it does not melt the bottom layer so as to ruin the mold. Chill and serve with lettuce and mayonnaise.

**Lettuce Salad, No. 1**

Separate and let stand in ice water one hour. Rub the salad bowl with onion; carefully wash and dry the lettuce leaves; place in bowl and bring to the table. Lettuce rapidly absorbs the flavor of the onion, and it becomes a pleasing but not overpowering ingredient of the dressing.

To make dressing for eight persons, measure six salad spoonfuls of oil, or melted butter; pour on the lettuce as measured, tossing lightly; then dissolve in two spoonfuls of vinegar, two saltspoonfuls of salt, pour over the leaves, and after a thorough tossing, serve. The secret of fresh dressing is that given the proper proportion, each leaf should be thoroughly moistened.

**Lettuce Salad, No. 2**

If preferred, proceed as directed above, substituting a mayonnaise for the French dressing.

**Artichoke Salad**

Wash thoroughly and boil artichokes until tender. When cold place each on plate garnished with lettuce and serve with mayonnaise.

**Cucumber Salad**

Put in cold water for an hour, two or three cucumbers; peel thick, slice thin, salt and pepper to taste; add a little onion if liked, and serve with vinegar at table.

**Mustard Salad**

Cut the young, green heads and boil and serve just as one does young turnips or cabbage.

**Spinach Salad**

Take a quart of young tender spinach leaves, put in a salad bowl with spring onions cut up fine and a sprig of mint. Pour over plain salad dressing and garnish with hard boiled eggs.



### **Endive Salad**

Select the crisp, center leaves and proceed as directed for lettuce salad.

### **Cress Salad**

Take equal parts of cress and cut up celery stalks, put in a salad bowl, pour over French dressing and serve very cold. Or pick over and wash a pack of cress, dry, sprinkle with salad herb, pour over plain salad dressing and serve.

### **Cold Slaw, or Cabbage Salad**

Take a quarter of a medium sized head of cabbage and shred fine; put in a salad bowl; chop three stalks of celery and one small onion, if liked, and add; sprinkle with salt and cayenne, pour over a half pint of mayonnaise dressing. Garnish with sprigs of parsley and two hard boiled eggs. Serve with cheese.

### **Cauliflower Salad**

Boil a head of cauliflower, throw in cold water until wanted; then tear apart, dry, put in a salad bowl, pour over a teacupful of mayonnaise, garnish with lettuce leaves and rings of hard boiled eggs. Serve immediately.

### **Asparagus Salad**

Cut off a quart of asparagus tops and boil in salt water until tender; drain, throw in cold water and let stand half an hour; drain again, wipe dry, put in a salad bowl and pour over French dressing.

### **Irish Potato Salad**

Six potatoes boiled in salt water until done; let cool. Take one blade of celery, half a teacupful of mixed pickle, four hard boiled eggs; chop fine. Cut the potatoes in small blocks; salt and pepper each ingredient separately; then mix and pour over the salad one teacupful of Mayonnaise Dressing No. 2. Garnish with celery.

### **Tomato Salad**

Take three large, ripe tomatoes and set on ice to cool; slice, put in a salad bowl, chop a slice of onion fine and sprinkle over, pour over a teacupful of plain salad dressing and serve very cold.

### **Tomatoes Stuffed With Salad**

Select large, well shaped, ripe tomatoes; cut a slice from the top and remove the meat. Have prepared a salad of some kind—chicken, lobster, crab or shrimp. Fill each tomato carefully with the salad; put on the top and serve on a lettuce leaf; or garnish with white celery leaves.

The salad dressing may be reserved until the tomatoes are nearly filled with the meat, then poured in on the meat, filling to the top, leaving off the caps. Garnish as directed, or put in the oven, bake fifteen minutes and serve, garnished with parsley.

### **Tongue Salad**

Open a cup of tongue; scrape the meat with a knife, discarding all fat and drippings. Wipe with a towel, slice thin and cut into blocks. Cut fine two blades of celery (the outside pieces are best for this), two cucumber and one onion pickle, three hard boiled eggs and two olives, then mix with the tongue and pour over all one teacupful of Mayonnaise No. 2, mixing it in thoroughly.

### **Pork Salad**

Sprinkle a half teaspoonful of salt over one and one-half pounds of pork tenderloin. Place the meat in a vessel and cover with boiling water. Boil steadily until perfectly tender. When cold, shave with a sharp knife and cut into inch squares. Have ready three hard boiled eggs. Place in a salad dish a layer of meat and one of eggs until all is used; then pour over it one teacupful of mayonnaise and toss lightly with a fork. Delicious.

### Chicken Salad, No. 1

Boil one grown fowl in enough water to cover; remove the meat when it begins to fall from the bones; allow it to cool, then chop fine. Mix with an equal quantity of finely chopped white cabbage. Dressing: One tablespoonful of mustard, the same of salt, one tablespoonful of sugar, half a teaspoonful of strong black pepper, one tablespoonful of butter, one tumblerful of vinegar, and three eggs. Mix the mustard, salt, sugar and pepper together; then make into a smooth paste, with a small quantity of the vinegar; now add the rest of the vinegar, and beat in the butter. Cook in a double boiler until it thickens to the consistency of cream. Mix thoroughly with the chicken, etc., and serve.

### Chicken Salad, No. 2

Put one large hen on to cook in boiling salted water; when tender allow it to cool, then cut into blocks, rejecting the skin and gristle; chop fine four medium size heads of celery; grate nine large olives; blanch half a pound of almonds, and grind through a meat grinder, or chop fine. Have ready a heaping spoonful of Higdon pickles and two teacupfuls of rather thick cream mayonnaise, and half a teacupful of French dressing.

Two hours before serving, mix the chicken, celery and almonds, pour over them the salad dressing, and set in the refrigerator. Just before serving, add the Higdon and olives, mixing thoroughly and then pour over the mayonnaise; toss lightly with a fork, and serve on lettuce leaves.

### Chicken Salad, No. 3

For six or eight persons, carefully prepare one grown fowl; boil until tender; remove the meat carefully from the bones; chop or shred. Chop fine one head of celery, three medium sized cucumber pickles,



four or six hard boiled eggs, and add to the chicken. Season to taste with salt and pepper. Pour over this a dressing made as follows: One heaping teaspoonful of mustard, one of sugar, one of butter, a teacupful of vinegar and one egg. Mix mustard and sugar into a smooth paste with a small quantity of the vinegar; then stir in slowly the rest of the vinegar; beat in the butter, then the beaten egg. Cook in a bucket over the kettle; boil until it begins to thicken, stirring constantly. When cool, pour over the salad and mix well. If preferred, substitute white cabbage for the celery.

### **Beef Salad**

Boil one pound of young, tender beef in enough boiling water, slightly salted, to cover. When perfectly tender, remove from the water and let cool. Chip, shred or grind, as desired. Have ready three hard boiled eggs, chopped fine, two or three blades of celery and two cucumber pickles chopped fine. Mix these with the meat; season to taste with salt and pepper and last pour over it a teacupful of mayonnaise, mixing lightly with a fork.

### **Beef Salad With Potatoes**

Prepare one pound of beef, as directed in the preceding recipe. When the beef is chipped, have ready three or four cold boiled Irish potatoes, cut in small blocks, one or two hard boiled eggs cut fine, a little celery salt if convenient, and a teacupful of mustard cabbage chow-chow (sweet) with some of the vinegar. Mix the meat, potatoes and eggs together and season to taste with salt and pepper; add the celery salt, then mix in the chow-chow thoroughly and serve. A tablespoonful of salad oil or melted butter may be added, if liked, when the salt is stirred in.

### **Grapefruit Salad**

Mix grapefruit pulp with broken English walnuts or pecans. Mix with mayonnaise made without mustard, fill the grapefruit shells, and serve on lettuce.



### Fruit Salad

- |                          |                                   |
|--------------------------|-----------------------------------|
| $\frac{1}{2}$ lb almonds | 3 bananas                         |
| 4 oranges                | $\frac{1}{2}$ cup French cherries |
| 1 can pineapple          | 1 cupful powdered sugar           |

Blanch the almonds and grate or chop very fine; pare and slice the oranges; cut pineapple into small dice; slice the bananas. Alternate the layers of fruit with layers of sugar. Reserve the almonds for the top layer. Garnish with strawberries or other small, bright fruits; then add the following dressing and chill:

### Sauce

- |                                      |                           |
|--------------------------------------|---------------------------|
| $\frac{1}{4}$ cupful lemon juice     | 1 cupful granulated sugar |
| $\frac{1}{4}$ cupful pineapple juice | Cook down to a syrup      |
- Grated cocoanut can be used instead of almonds; peaches and pears instead of bananas.

### Cream Cheese Salad

Arrange lettuce leaves on a plate; in the center heap English walnuts; around these press cream cheese through a rice potato masher, and over all pour a mayonnaise dressing.

### Apple and Cheese Salad

Mix chopped pecans with twice their quantity of cream cheese, crumbled fine. Soften with a little heavy cream. Season to taste, and make into balls. Slice into rings large red apples, remove the cores, and place a ball of cheese in each ring. Serve with French dressing or mayonnaise.

### Frozen Salad

Take one can of pineapple, the meat of two oranges and one banana. Cut in halves half pound of malaga or tokay grapes, and half a pound of candied cherries. Mix and serve with the following dressing: The juice of the pineapple, one cupful of sugar, one cupful of water, tablespoonful of corn starch, one cupful of walnuts, cut fine. Boil the water, sugar and pineapple juice and thicken with starch. When cold mix in nuts, pour over salad and serve on a lettuce leaf, or freeze and serve.

### **Devonshire Salad**

Choose soft, yet firm curd of cottage cheese, cut in inch dice, season with salt, pepper and cayenne and serve on lettuce with Mayonnaise. Garnish with a nasturtium. The curd may be mixed with cream until soft enough to form into small balls. Season with salt and cayenne, roll in finely chopped nuts and serve on crisp lettuce leaves with French or Cream Mayonnaise.

### **Tomato Jelly Salad**

To one can of condensed tomato soup add one can of hot water. Soften one-half package or two tablespoonfuls of gelatin in half cupful of cold water. Bring the soup to the boiling point, season with salt, pepper and sugar; remove from the fire; add the softened gelatin and stir until this is dissolved. Pour into individual moulds which have been moistened with cold water. When the jelly is cold, remove from the moulds and serve on lettuce leaves with mayonnaise. A delicious salad for a Sunday night supper.

### **Pineapple Salad**

Mix shredded pineapple with finely-cut celery and broken English walnuts. Serve on lettuce with mayonnaise made without mustard and whitened with whipped cream.

### **Sweetbread Salad**

Clean and parboil two pairs of sweetbreads, throw into cold water for half an hour. Remove the fat and skin and cover with fresh boiling water; add a teaspoonful of salt and simmer gently twenty minutes. When done, stand away to cool. When cool, cut into thin slices. Wash and dry the tender leaves from one head of lettuce. Rub a dish with onion and make in it a half pint of mayonnaise. Place a thin slice of onion in the center of your salad dish, arrange the lettuce leaves around it; mix the sweet breads carefully with the mayonnaise; and put in the center of the dish.

### **Pear Salad**

Take halves of pears. Scoop out small space; save portion taken out; combine with English walnuts and portions of orange, fill hollow and garnish with Maraschino Cherries. Dress with juice of one orange and a tablespoonful of Maraschino. Serve on a lettuce leaf.

### **Egg Salad**

Cut three large blades of celery into pieces, and put into a salad bowl. Chop the whites of five hard boiled eggs and add to the celery, with a little salt and pepper; slice the yolks of the eggs in thin rounds, lay over the salad, pour over a plain dressing and garnish with celery leaves.

### **Raw Oyster Salad**

One quart of oysters, one head of celery, one head of lettuce. Cut the oysters and celery in small pieces, cover with a mayonnaise dressing, and garnish with lettuce.

### **Cooked Oyster Salad**

Boil two dozen oysters in their own liquor for five minutes, drain and stand on ice until very cold. Arrange crisp lettuce leaves in a salad bowl, put the oysters on them, pour over a teacupful of mayonnaise dressing, and serve very cold.

### **Salmon Salad, No. 1**

Free the contents of a can of salmon from the skin and bone, and arrange them on a bed of lettuce leaves; salt and pepper. Pour over the salmon a half cupful of lemon juice and serve very cold.

### **Salmon Salad, No. 2**

Take two pounds of cold salmon, remove the skin and bone, and put into a bowl with a little salt, cayenne, vinegar, the juice of a lemon, and a tablespoonful of oil. Let stand on ice one hour. Put crisp lettuce leaves in a salad bowl, add the salmon, pour over a mayonnaise dressing, garnish with olives, and serve very cold. Canned salmon may be used.



### **Sardine Salad**

Wash the oil from a dozen sardines; remove the skin and bone. Put a head of crisp lettuce leaves in a salad bowl, chop up two hard boiled eggs, add the sardines to the lettuce, sprinkle with the egg, and pour over a plain salad dressing.

### **Anchovy Salad**

Wash, skin and bone two anchovies, put in water to soak half an hour, drain, and dry them; then proceed as for sardine salad.

### **Sardines in Pepper**

Open and separate from the bones two boxes of sardines; boil hard three eggs, and when cold chop rather fine. Boil and cream six medium sized Irish potatoes, using one teacupful of sweet milk, one teaspoonful of butter, and two raw eggs. Have ready twelve sweet bell peppers, capped, and seed removed. Mix sardines, eggs and potatoes, and fill the peppers. Fasten on the tops with toothpicks, place in a hot oven and cook for ten or fifteen minutes. Serve on a tea plate as an entree, garnishing with nasturtium leaves and flowers.

### **Shrimp Salad**

Line a dish with crisp lettuce leaves. Mix together one plate of prepared shrimps (boiled and picked), two stalks of celery, pinch of salt. Place among the lettuce leaves. Over this pour a mayonnaise dressing. Cut white of egg into rings, place an olive in each, and arrange about the salad.

### **Lobster Salad**

Cut the cold boiled meat of a lobster into small pieces. Wash two heads of lettuce and shake dry. Make a Mayonnise No. 2; put the meat in a salad bowl, separate the lettuce and small radishes, or olives. Squeeze over all a lemon and serve.



### **Lettuce and Egg Salad**

For twelve persons; boil eighteen eggs until hard. Allow them to cool, then peel, carefully cut in half and remove the yolks. Rub these to a smooth paste with mayonnise, and season to taste, with salt and cayenne, or white pepper; pit and chop fine four olives; chop fine one small sweet pickle. Mix these with the yolks, stuff the whites with the mixture and set on ice until ready to serve.

Wash and separate three or four heads of nice lettuce. There should be enough of this to have twelve perfect leaves the size of a bread and butter plate, and twelve center leaves shaped like small cups.

Have ready on ice a pint of cream mayonnaise. When ready to serve, place on each salad plate, knife slice the eggs, and place on the lettuce in a ring, one piece overlapping another. In the center of this ring place one of the cup-shaped leaves, and just as the plate is sent to the table fill the cup with the cream mayonnaise.

### **Clam, or Crab Salad**

Prepare as one does lobster salad.

### **Combination Salads**

Lettuce in itself makes a beautiful and refreshing salad and combines well with everything. Combinations of lettuce and tomatoes, lettuce and cucumbers, lettuce and hard-boiled egg, lettuce and potato, lettuce with cold cubed meats, shrimp, crab-meat or of lobster, with asparagus tips, with string beans, with green peas, with cold beets, with cauliflower; in fact, with practically any cold meat, fish or vegetable that can be served as a salad. Not only does lettuce combine well with all the foregoing, but it serves well with all forms of salad dressings—Mayonnaise—French Dressing, Russian Dressing, Roquefort Dressing and Italian Dressing.

**Other Combinations for Salads**

Lettuce, water cress and sliced hard-cooked eggs with or without a garnish of pimientoes, green peppers, or sliced beets.

Two-thirds part of flaked, canned salmon, tuna fish, tongue, or lamb with one-third part of diced celery, a few peas, a little onion, and any salad green.

Two-thirds part of flaked, canned salmon, tuna fish, or diced shrimps with one-third part of shredded cabbage, diced celery, a few sliced olives and cress or lettuce.

Two-thirds part diced, warm potatoes with a little onion juice and minced parsley, put together with dressing to blend. When chilled, add one-third part of diced celery or the firm portion of cucumbers, diced, with or without a few chopped, toasted nut-meats, a little minced ham or mixed, cooked vegetables, or three sliced, hard-cooked eggs. Garnish with any salad green.

Equal parts of diced, canned pineapple, stoned, canned or fresh cherries, fresh halved strawberries, or diced apple with or without a little shredded grapefruit or orange and some diced celery. Garnish with lettuce. If desired, this combination of fruit may be made into a jellied salad by stirring it into one and a half cupfuls of tart lemon jelly, when the latter is just about to congeal.

**Mackerel Salad**

Take one pound of cold boiled fresh or canned mackerel and pick into pieces. Add half as much chopped celery. Make a dressing as for sardine salad.

**EGGS****Egg au Gratin**

Use recipe for Potatoes au Gratin, substituting hard boiled eggs, diced, for potatoes.

### **Poached Eggs**

Put in a saucepan three pints of water, one tablespoonful of vinegar, two pinches of salt. When the water boils, break the eggs into it and let them poach two or three minutes. Lift out with skimmer and serve on toast.

### **Scrambled Eggs, No. 1**

Into a granite pan put a teacupful of cream; when it is hot pour in a dozen eggs previously broken into a dish. Stir constantly until done, having the whites and yolks thoroughly and evenly incorporated with each other. Cook slowly, and when the mixture is the consistency of thick butter, turn into a hot covered dish. Too long cooking toughens the scramble. Sprinkle a little salt over and serve.

### **Scrambled Eggs, No. 2**

Break into a hot frying pan six or eight eggs; stir until done (about two minutes) and serve hot with pepper and salt to taste.

### **Scrambled Eggs with Salmon**

Turn out a can of salmon; free from bones. Break six eggs and beat one minute, then add the salmon, pepper and salt. Pour into a hot, slightly greased stewpan, and stir until the eggs begin to thicken.

### **Soft Boiled Eggs**

To one egg, pour one-half pint of boiling water. Let stand for four minutes, then pour off water. Pour another one-half pint of boiling water over the egg and when it has stood three minutes, you will find the egg cooked with an even consistency.

### **Soft Boiled Eggs for Invalids**

Boil one pint of water, and while boiling place in it two eggs; remove from the fire and let stand three minutes. The eggs will be thoroughly hot, but no part of them will be hard.



**Baked Eggs, No. 1**

Line a baking dish with finely minced cold fowl or veal, about two inches deep; sprinkle over with bread crumbs about an inch deep. Over these strew many bits of butter, sprinkle with salt and pepper, and pour over it a teacupful of cold gravy. Break carefully into the dish enough eggs to cover the crumbs, and set in the oven to make. Serve as soon as cooked.

**Baked Eggs, No. 2**

Break the eggs into patty pans, one egg in each ring; dust salt and pepper over them. Place in a hot oven and let them brown slightly.

**Escalloped Eggs, No. 1**

Moisten a teacupful of stale bread crumbs with sweet milk. Put a layer in the bottom of a buttered dish. Slice hard boiled eggs, and lay over with butter, pepper and salt. Continue until the dish is full. Sift grated crumbs over the top, spread with bits of butter, and set in the stove until brown.

**Escalloped Eggs, No. 2**

Fill the egg dish with the whites beaten, make a hollow in the center, and put in the unbeaten yolk; scatter over the top a little salt and pepper, and lay a small piece of butter on the yolk. Bake about two minutes. Serve on buttered toast.

**Hot Milk for Invalids**

Toast snowflake crackers until a golden brown, then pour over them hot milk; let stand a few minutes, then strain; add a little salt and serve.

**Roasted Eggs**

Roll each egg in four layers of wet paper, brown, or newspaper; put down in the hot ashes and cover well; let stay until the outer layer is well scorched; let cool until it may be handled; then remove the paper. This is a pastime children delight in.



### Eggs, Stuffed and Fried

Divide hard boiled eggs, cutting them the long way; mash the yolks with equal quantity of butter and bread crumbs, soaked in milk. Press milk from bread, add salt, pepper and nutmeg; rub all well together, then mix with them a raw egg, fill the hollowed whites with this, put together, dip each egg in beaten eggs, then in bread crumbs and fry in hot boiling lard. Serve plain or with tomato sauce, or cream sauce.

### Eggs Baked in Irish Potatoes

Peel half dozen large potatoes and bake until thoroughly done, then cut in halves, take out enough of the potato to pour a raw egg in each half, season with cayenne and salt; dust them over with bread crumbs, place a small piece of butter on each and bake until the eggs are set. Serve hot. A little grated cheese, and a tablespoonful of sweet milk in the potato before the egg is broken in is nice for those who like the flavor of cheese. Serve with water cress or the small part of celery. Mash the potato taken out, season to taste; make in round balls, roll in egg, then in cracker crumbs, and fry a nice brown.

### Egg on Toast

Take nicely toasted bread, spread with anchovy paste—just a little—then with a light layer of grated ham, seasoned with cayenne, and moistened with stock. Beat the whites of whatever number of eggs you wish to use until very stiff, cover each piece of toast with it, then in the middle of each piece, carefully place a yolk. Bake just a light brown and serve while hot.

### Deviled Eggs

Grate a fourth of a pound of cheese fine; butter a shallow baking dish, spread the cheese in the bottom with bits of butter; sprinkle with salt and cayenne. Break six eggs into a plate and slip on top of dish; mix a teaspoonful of French mustard with half a cup of cream and pour over. Place in a hot oven for ten minutes and serve hot.

### Pickled Eggs

Boil a dozen eggs fifteen minutes. Take off the shells and stick with cloves. Scald a pint of vinegar. Mix half a teaspoonful of ground mustard, a little salt, black pepper, cayenne and ground allspice in cold vinegar; add to the boiling vinegar and stir over the fire two minutes. Put the eggs in a jar, pour the boiling vinegar over, cover and let stand a week before using.

### Baked Eggs with Cheese

$\frac{1}{2}$ lb	American cheese	1-3 cupful cream
1	tablespoonful butter	6 eggs
1	teaspoonful mustard	Pinch of cayenne pepper
	1	teaspoonful salt

Slice the cheese and spread in a shallow dish. Put the butter on the cheese in small pieces. Mix together the mustard, salt, cayenne pepper, and cream. Pour half of this mixture over the cheese and butter. Beat the eggs a little, pour in dish, and over them pour remainder of cream. Put one tablespoonful of butter in small pieces over the top of the eggs. Bake fifteen or twenty minutes.

### Hard-Boiled Eggs

Cook for forty minutes below the boiling point; when done plunge into cold water to prevent the yolk from growing dark. Roll on the table gently till the shell is well crushed and it can be peeled off without marring the egg.

### Escalloped Eggs

Break eggs in buttered dish. Do not break yolks. Season with salt and pepper. Grate cheese over top. Bake until the egg settles.

### Eggnog

One egg, half teacupful sweet milk, one tablespoonful of sugar and vanilla to taste. Beat the sugar with the yolks until light. Beat the whites and stir in fast.

In case of sickness, one tablespoonful of brandy or whiskey may be substituted for the vanilla.

**Curried Eggs**

- |   |                  |               |                    |
|---|------------------|---------------|--------------------|
| 6 | hard boiled eggs | $\frac{1}{2}$ | teaspoonful salt   |
| 1 | cup curry sauce  | $\frac{1}{4}$ | teaspoonful pepper |

Cut the eggs in halves, slice enough of the white off the end of each to make them stand upright. Sprinkle with salt and pepper. Serve on a hot platter with the sauce poured around them.

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**OMELETS****Plain Omelet**

- |     |                      |                |                         |
|-----|----------------------|----------------|-------------------------|
| 5   | eggs                 | $1\frac{1}{2}$ | teaspoonfuls salt       |
| 1-3 | cupful boiling water | 1              | tablespoonful snowdrift |
|     |                      | $\frac{1}{8}$  | teaspoonful pepper      |

Separate the eggs, beat the yolks until lemon colored, and add the seasonings and boiling water. Whip the egg whites until stiff and fold the yolk mixture into them. In the meantime, heat a good-sized frying pan and melt the butter in it. Turn the omelet mixture into this and cook it gently, lifting it around the edges with a knife to allow the uncooked portions to precipitate. When the omelet seems solidified, allow it to brown on the bottom, then place it in the oven to "set" the top. Cut at right angles to the handle, fold over and transfer to a platter by means of a pancake turner.

**Plain Omelet**

Six eggs, half a teacupful of bread crumbs, a little melted butter, one pint of fresh sweet milk; salt and pepper to taste. Break eggs separately, beat yolks light; add bread crumbs to the milk, salt and pepper. Beat whites, stir in, and cook immediately on a long, hot griddle, lightly, but well greased. When brown on one side, cut through the middle, roll in two pieces. Place in a warm, covered dish; butter and serve. Six eggs should make four rolls.



### **Variations of Omelet**

No. 1. Spread well-seasoned, slightly thickened, canned tomatoes in the fold of the omelet.

No. 2. Put the omelet together with creamed oysters or creamed chicken.

No. 3. Put the omelet together with creamed cheese, creamed spinach, peas, asparagus, or onions.

### **Chicken, Ham or Other Meat Omelets**

Proceed as for plain omelet, adding one-half cupful of tender chicken, cut fine, or a light teacupful of grated ham.

### **Baked Omelet**

Put a pint of new milk on the stove in a pan in which it is to be baked; put in this a slice of baker's bread and when it has dissolved nicely, stir, and then add a lump of butter the size of a small egg, with salt and pepper to taste. Beat until light the yolks of six eggs and stir into the milk; let simmer slowly, stirring often until the whites have been beaten to a stiff froth, and then stir them into the other ingredients and set the pan in the oven for ten minutes. It should rise and brown nicely. Serve at once.

### **Tomato Omelet**

Beat six eggs separately; add a tablespoonful of bread crumbs to the yolks, then a half teacupful of sweet milk, and salt and pepper to taste. Cut two or three fine, ripe tomatoes in half inch blocks; add the whites, then the tomatoes. Cook quickly; butter and serve immediately.

### **French Omelet**

Beat six eggs separately, add a cupful of bread crumbs, a small onion chopped fine, a teaspoonful of chopped parsley, and a teacupful of fresh sweet milk to the yolks; stir in the whites, salt and pepper to taste. Set in the oven until well browned; serve immediately.



**Cheese Souffle**

3	tablespoonfuls butter	$\frac{1}{2}$	teaspoonful paprika
$\frac{3}{4}$	cupful American cheese (grated)	$\frac{1}{2}$	cupful bread crumbs
1	teaspoonful salt	1	cupful milk
		4	eggs

Melt the butter in a double-boiler top, add the cheese, paprika, crumbs, salt, and milk, and cook the mixture until the cheese has melted. Then separate the eggs, beat the yolks until lemon-colored, add the crumb mixture, and fold the whole into the egg whites, whipped until stiff. Transfer to a medium-sized baking dish, which has been lightly rubbed with butter, and bake about thirty-five minutes in a moderate oven.

**Cheese Omelet, No. 1**

Put two tablespoonfuls of grated cheese in a half pint of sweet milk. Let stand while the yolks of four eggs are beaten light. Then add two tablespoonfuls of bread crumbs to milk and cheese, stir slowly into the yolks. Salt and pepper to taste. Beat the whites, stir in and cool quickly on long griddle. Cut and roll in two pieces. Butter and serve in a warm covered dish.

**Cheese Omelet, No. 2**

One teacupful of grated cheese, half teacupful of grated bread crumbs, a teacupful of hot water and a pinch of salt. Stir until like cake batter, then beat in two eggs and bake quickly.

**Vegetable Omelets**

Half a teacupful of cold boiled Irish potatoes, chopped fine, with parsley or any vegetable liked, may be added to a plain omelet and fried or baked.

# VEGETABLES

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## IRISH POTATOES

### Potatoes, Roasted in Ashes

Put the potatoes down in the ashes, cover well and let stay until done. The length of time required will depend on the size of the potatoes.

The skin protects the potato during cooking, and the salts of potash, which are dissolved and lost when the potato is peeled and boiled, are retained, to the great improvement of the flavor.

### Irish Potatoes

Scrape medium sized potatoes. Cut them as you peel an apple, being careful not to break them. Place them in very cold salt water for a few minutes, drain over a cloth and fry in hot lard until crisp. These are nice to serve with fried fish.

### Saratoga Chips

Pare perfectly sound potatoes, cut them in very thin slices and stand them in cold salt water for thirty minutes. Dry and fry in boiling lard, drain them in a colander or on a piece of soft, brown paper; put in the oven a minute to dry.

### Duchess Potatoes

One quart of mashed potatoes, one ounce of butter, a teaspoonful of salt, a half teaspoonful of pepper, and the yolks of two raw eggs. When the potatoes are hot mash them through a colander, add the butter, salt, pepper, and a little nutmeg; then the raw yolks of the eggs; mix all together; then form into cakes two inches long and one inch wide, put them on a buttered tin, and brush them over the top with the white of egg; put them in a moderate oven to brown delicately.

### **French Fried Potatoes**

Cut some cold boiled potatoes into small square blocks; shred half an onion finely, drop potatoes and onion into boiling lard and fry a light brown; drain on paper and serve in a very hot dish. Dust with powdered parsley before serving.

### **Potato Scallops**

Boil some potatoes, slice them fine and put them into scallop shells which have been previously buttered and dusted with bread crumbs; fill the scallop shells only half full of potato; then add some egg and cream beaten up together; sprinkle the top with bread crumbs and bake in a quick oven.

### **Potatoes With Ham**

Boil some potatoes, slice them quite thin, put them in a pan with a good sized piece of butter, and let them heat thoroughly, but not fry; boil four eggs very hard and chop them fine, and chop fine about as much boiled ham as there is potato; put all in a dish in layers, with a little salt, parsley and two cupfuls of cream, or sweet milk, cover the top with bread crumbs, cover the bread crumbs with small dots of butter, and bake a light brown.

### **Scalloped Potatoes**

Slice cold boiled potatoes in a granite pan, season with salt and pepper; cover with bread crumbs and place lumps of butter on top; then cover all with sweet milk; over the top dust a little salt and black pepper. Bake in a hot oven until brown.

### **Potato Snow**

Press a dozen hot, nicely boiled potatoes through a wire sieve into a warm vegetable dish. Serve immediately with hot cream, seasoned with salt and white pepper, or with thickened gravy.

### Potatoes Au Gratin

Boil potatoes until tender. Put in a dish to cool. Make a cream sauce with a tablespoonful of butter, two tablespoonfuls of flour, and a cupful of sweet milk. Cook for a few minutes. Peel and cut the potatoes in small cubes, place in a baking-pan, pour the sauce over them, and grate enough cheese over the top to cover evenly. Put in oven and bake until the cheese melts.

### Creamed Potatoes

Peel eight large potatoes, carefully removing all eyes and specks, boil quickly in salted water until perfectly done. Remove at once from the water, mash, put into a bowl with a quarter pound of butter, salt and pepper to taste and a gill of cream or sweet milk. With an egg beater whip to a cream, remove to hot dish and serve immediately.

### Irish Potatoes and Fresh Middling Meat

Take four large potatoes. Peel and slice in thick slices. Leave in water over night. The next morning parboil the potatoes. Take six thick slices of fresh middling meat, salt and dip in flour. Put in hot frying pan. Cover and cook until thoroughly brown. Take the meat out and put potatoes in the grease and fry until a very light brown. Serve meat and potatoes together.

### Potato Souffle

Put one cupful of mashed potatoes in a saucepan over the fire. Have ready the yolk of one egg, beaten light, a large teaspoonful of cream, a teaspoonful of butter. Add these to the potato, stirring until smooth and light, whisk in the white of the egg, beaten stiff. Put the mixture in a buttered pudding dish and bake ten minutes.



### **Irish Potatoes Stuffed and Baked in Jackets**

Boil six large potatoes; cut each in half, remove the meat, taking care not to break the skins. Mash the potato, add a teaspoonful of butter, a tablespoonful of mustard dressing, salt and pepper to taste, and two eggs; beat until smooth; return to the jackets, put the halves of each potato together, place in a hot oven; let remain ten minutes, remove and serve on a napkin.

### **Deviled Potatoes**

Bake large potatoes, cut in halves and scoop out the potatoes, leaving perfect shells. Season potatoes with butter, cream and salt. Beat until very light. Fill shells, dot with bits of butter; brown in a quick oven.

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## **SWEET POTATOES**

### **Sugared Potatoes**

Boil the potatoes. Peel and slice them rather thick. In the bottom of a baking dish put bits of butter, sprinkle sugar and put a layer of potato; then more butter, sugar and potato, until the pan is full. Let the top be strewed with sugar and bits of butter and pour over it a teacupful of water. Put it in the oven, and after it begins to cook, once or twice moisten the top with a little butter and water to dissolve the sugar and prevent its drying on top of the potato.

### **To Fry Sweet Potatoes**

Peel and slice the potatoes; place in a pan and pour boiling salted water over them; let them stand for half an hour, or boil for about ten minutes. Take them out and dry them and fry in hot lard.

### **Fried Sweet Potatoes**

Peel, slice, and throw into cold salted water for half an hour. Wipe dry, fry brown in boiling lard. Do not have the water too salty.

**Baked Sweet Potatoes**

Wash the potatoes, place in the oven and bake slowly with a steady fire.

**Sweet Potatoes Boiled and Fried**

Parboil; then peel, cut in pieces and fry in boiling lard.

**Baked Sweet Potatoes With Marshmallows**

Boil the potatoes, peel and mash. Beat two eggs with one cupful of sugar. Add a cupful of milk. Mix with the potatoes in a baking pan. Place in stove and cook until brown. When the potatoes are brown, cover them with marshmallows and continue baking until marshmallows are melted.

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**ONIONS****French Fried Onions**

Slice onions; separate the rings. Flour each ring and dip in sweet milk. Drop in boiling fat (or cook in a basket). Cook until a light brown, then place on brown paper until cool. Sprinkle with salt.

**Onions Au Gratin**

Boil onions until tender. Salt to taste. Pour off water, place in baking dish. Cover with cream dressing. Sprinkle with grated cheese. Put lumps of butter on top and bake in a quick oven.

**Baked Onions**

For this use large onions, parboil in boiling water for five minutes, dry carefully, wrap each one in buttered paper, lay in a baking pan and cook in a hot oven until they can be pierced with a straw.

### Onions Boiled in Four Waters

Boil onions in one water ten minutes; drain, and place in fresh boiling water to cover. Change the water in this manner three times, letting the onions cook an hour or more. Drain off all the water, and serve hot, with pepper, salt and butter. Place in a covered dish.

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## SPINACH

Pick the leaves from the stalks and wash the spinach in several waters until entirely free from grit and sand; put in a sauce pan with just sufficient water to prevent its burning; add a seasoning of salt and turn the vegetables frequently while cooking. When done enough, drain the spinach in a colander, squeeze it dry as possible and chop it finely. For a quart of spinach, add one large tablespoonful of butter, half a teaspoonful of salt, a dash of pepper and sufficient cream to moisten it. If you have no cream, make a little thickening the same as for drawn butter. Garnish with small diamonds of toast.

Spinach is nearly all water and less of the potash salts—its most valuable constituent—is lost when cooked in its own juices than when cooked in a large quantity of water.

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## SALSIFY

### Stewed Salsify (Oyster Plant)

Scrape salsify roots, crown and all. Cut into inch long pieces and quarter them. Throw them into boiling water that is properly salted and cook until tender. Drain off the water until only a gill is left in the sauce pan, then add a large piece of butter, a teacupful of sweet milk, or cream, salt and pepper and a little flour creamed smooth with butter.

**ASPARAGUS****To Serve Canned Asparagus**

Place the tips on lettuce leaves and serve with vinagrette dressing.

**Asparagus Tips on Toast**

With a cream dressing, make a nice tea dish. Make dressing as given for creamed oysters.

**Asparagus With Eggs**

2	bunches asparagus	$\frac{1}{4}$	teaspoonful salt
4	eggs	$\frac{1}{8}$	teaspoonful pepper
	2	tablespoonfuls	flour

Cook the asparagus, cut off the tender tops and lay them on a buttered pie dish, seasoning with salt and pepper and melted butter. Beat the eggs just enough to break the yolks, pour over the asparagus and bake eight minutes in a moderate oven. Serve with slices of boiled ham.

**Asparagus on Toast**

Wash the asparagus and boil for twenty minutes, then drain and cut off the tender parts; chop these into small dice and mix them with a piece of finely minced onion; then put into a sauce pan, with the beaten yolk of one egg, two or three tablespoonfuls of cream and a seasoning of salt and pepper. Stir until thoroughly hot, then pour over buttered toast, cover the whole with some well made white sauce. Garnish with parsley and serve.

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**ENGLISH PEAS****To Cook Dried Peas**

Soak for several hours in cold water; then put them in boiling water with enough bacon to season, and cook slowly until they mash easily.

To be good, the water should nearly all boil out and leave them almost dry. Fresh field peas can be cooked the same way, omitting the soaking in cold water.



### **English Peas and Irish Potatoes with Creamy Gravy**

One dozen young potatoes and a pint of peas. Boil each vegetable separately until done, seasoning with salt. Then pour off the water. Have ready a gravy made of one pint of sweet milk, thickened slightly with a little flour mixed with water. When this has boiled up well, season with salt and pepper and a teaspoonful of butter and pour over the vegetables which have been placed together in a covered dish.

### **Canned Peas**

Canned peas should be opened as soon as possible, an hour of exposure to the air being none too long to restore them to their natural flavor. Place a tablespoonful of butter in a saucepan, with pepper and salt to taste; turn in the peas and cook for five minutes, when, if good quality, they will be thoroughly done. Some cooks prefer to add three tablespoonfuls of sweet cream to one of butter and put in a level teaspoonful of granulated sugar.

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## **SQUASH**

### **Baked Squash**

Boil, mash and let get cold, then beat up very light; add two tablespoonfuls of melted butter, two eggs, thoroughly beaten, three tablespoonfuls of sweet milk, with a pinch of soda; season well with pepper and salt, put into a buttered dish, sift dry bread crumbs over the top and bake in a quick oven.

### **Stewed Squash**

Pare and cut in small pieces four medium sized squashes. Stew in water half an hour, then pour in a teacupful of sweet milk or cream; cook until tender, add a teaspoonful of butter. Season to taste, and serve.

### **Fried Squash**

Pare and slice, throw into cold water slightly salted. Make a thick batter of flour and sweet milk, or flour and eggs. Dip the slices in the batter, and fry a rich brown in boiling lard. The proportion for the milk batter is a half teacupful of sweet milk or cream to one tablespoonful of flour (beaten to a smooth paste). That for the egg batter, one egg to one tablespoonful of flour.

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## **OKRA**

### **Boiled Okra**

Take young tender pods of okra and boil in salt water. Drain, pour over a teacupful of cream, add a teaspoonful of butter, season with pepper and let simmer five minutes. Serve hot.

### **Okra with Tomatoes**

Wash pods of okra and cut in thin slices sufficient to fill a quart measure. Peel tomatoes to fill a pint cup when sliced. Put together in a sauce pan, add a little salt, cover and let simmer gently for half an hour; add a tablespoonful of butter, with pepper and serve.

### **Okra and Onions**

Slice a quart of okra and slice thin two onions. Slice a quarter of a pound of fat bacon, fry it brown, take up, put the okra and onion in the fat and fry brown. Arrange the bacon on a dish and lay the okra and onions over.

### **Okra**

Cut off the stems, put in water, in a bright, clean vessel and boil till tender (a dark vessel darkens the okra). Add salt, pepper and butter; serve. Eat with vinegar, if liked.

## RICE

Mince fine some beef or chicken (some cold hash will do), stew until done. To a teacupful of this add the same of hot boiled rice, mix well, seasoning with butter, salt and pepper. Spread thick on slices of toast, put in oven five minutes and serve immediately. A raw egg may be added to the rice, etc., if liked.

### To Cook Rice

To each cupful of rice allow three cupfuls of water. Have water well salted and boiling briskly; add washed rice and boil steadily for twenty minutes. Wash thoroughly and allow to stand for several hours before it is to be used. Return to oven for only time enough to heat thoroughly. This insures thoroughly cooked, perfectly white and dry rice.

### South Carolina Rice

Pick and wash through three waters, one pint of rice; add one teaspoonful of salt. Then place in a boiler with three pints of water. Bring slowly to a boil, then simmer gently until a grain taken between the fingers yields to the slightest pressure. The large supply of water is the secret of successfully cooking rice, keeping the grains distinct. When done enough drain through a colander, shake gently before a hot fire until dry. Then serve in a hot, covered dish.

### Rice with Tomatoes

Place a cupful of well washed rice in two cupfuls of boiling water, in a double boiler, and add a teaspoonful of salt and a saltspoonful of pepper. When the rice is done pour in a scanty pint of hot cooked and strained tomatoes that have been well seasoned with salt, pepper, butter, and if liked, a little sugar. Stir the tomatoes and rice well together, arrange as a garnish around roast beef.

### **Choice Method of Boiling Rice**

Wash well in cold water; drain and throw into boiling water. When pulp, remove from the water with ladle; place in a clean vessel, and set near the fire, where it will keep hot, but not cook. Let it remain so for fifteen minutes, or until it becomes white and dry, but not hard.

### **Baked Rice**

Take cold rice, moisten with sweet milk, beat in three eggs to one quart of rice and milk; after they are mixed, season with salt and bake. Serve hot.

### **Steamed Rice**

Pick and wash in three waters one pint of rice; place in a steamer over a pot of boiling water; cover closely and let it remain until a grain will easily mash between the fingers. Salt and serve hot. Each grain will stand to itself.

### **Rice Fritters**

Take a teacupful of cold rice, add one teaspoonful of melted butter, one of sugar and one-half of salt; add this to one well beaten egg and sufficient milk to make a stiff paste. When well mixed, shape into cakes, dip into beaten egg; then in cracker or bread crumbs, and fry in boiling lard. Turn carefully and when done on both sides place on brown paper to absorb all grease; then serve hot. Omit sugar if desired.

### **Rice Bread**

Mix with one cup of cold rice, three well beaten eggs, and one and a half cups of sweet milk, salt and white pepper to taste, and one teaspoonful of butter. Pour into a baking dish or pan and bake until a light brown. Add teaspoonful of baking powder if preferred. Serve at once.



## TURNIPS

### Turnip Salad

If very young, wash well; place in a vessel of salted water and let boil until very tender. At the same time have another vessel of water with a piece of bacon sufficient to season the salad, boiling.

When the salad is tender, take from the salted water and place in the vessel with the meat and let boil until well seasoned, and then serve. Boiling it first in the salt water takes out the bitter taste that so many dislike. If the salad is large enough to have large stems in the leaves, remove the stems with a sharp knife, and cook only the leaf part.

### To Cook Turnips

Place in a granite boiler that has a close fitting top, a piece of bacon two inches square, and add one quart of water. When this boils, add the turnips, which have been washed, peeled and sliced thin. Cover and let boil until very tender. The water should all be out, but the turnips should not brown to the vessel. Take out the meat; add a teaspoonful of sugar; let remain on the stove two or three minutes; then mash fine, dust a little black pepper over them, and serve.

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## EGG PLANTS

### Egg Plants Fried in Batter

Peel, slice thin, and throw into salt water for half an hour; dry, and dip in a batter made in the proportion of a teacupful of sweet milk to one of flour. Fry in boiling lard.

### To Cook Egg Plant

Peel and slice thin. Place in salt water for an hour. Drain and dip in batter, made of sweet milk and flour. Season with pepper and salt. Fry in hot lard or oil.

### **Fried Egg Plants**

Peel the egg plants, slice, let stand in cold water two hours; drain dry, dip them into the beaten yolks of eggs, then into grated crackers; fry them light brown in boiling lard, season lightly with pepper while they are cooking.

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## **MUSHROOMS**

### **Creamed Mushrooms**

Make a cream dressing of one spoonful of melted butter, and one tablespoonful of flour sifted in it, stirring to keep smooth; then add two teacupfuls of fresh sweet milk; season with salt and cayenne pepper. Let cook two minutes, being careful not to let burn. Serve on toast very hot.

### **Broiled Mushrooms on Toast**

Peel and slice fresh mushrooms. Broil in butter until tender. Season with pepper and salt. Put on toast. Serve on large silver platter garnished with parsley.

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## **LETTUCE**

Serve the lettuce in a salad bowl, with a French dressing of oil and vinegar, or undressed, allowing each person to prepare it for himself.

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## **CUCUMBERS**

Lay the cucumbers in cold water (or on ice) for an hour before serving. Peel, cut in thin slices and heap in a glass dish, with a few shavings of white onions if liked; pepper and salt, and cover with good apple vinegar.

### **Fried Cucumbers**

Slice, sprinkle with salt and pepper, dip in egg, then in cracker dust; fry brown.

### Cucumbers Stuffed and Stewed

Cut in half lengthwise, scoop out the seeds and fill the hollow with a bread or meat stuffing. Saute with butter enough to keep from sticking. Simmer until the juice flows freely, then add a little good broth, and boil gently until very tender. Lift the slices, reduce the juice to a glaze, which may be dissolved in enough Veloute Sauce to cover.

## CABBAGE

### Cabbage Pudding

Chop up small, enough white cabbage to fill a large baking pan when done. Put it in a pot of boiling water that has been salted, let it boil until tender, then drain thoroughly in a colander. In two quarts of the cabbage stir a half pound of butter; salt and pepper to taste, one pint of sweet cream and four eggs beaten separately. Add also a pinch of cayenne pepper; put in a pan and bake for half an hour.

### Stuffed Cabbage

1	cabbage	1	teaspoonful salt
2	oz. fat pork (chopped fine)	1	teaspoonful parsley
2	oz. tender beef (chopped fine)	1	teaspoonful minced onion
		1	French roll
2	tablespoonful butter		Few grains cayenne
	2 egg yolks		

Parboil cabbage until thoroughly wilted, drain and cool; unfold leaf by leaf, until the heart is reached. Chop the tender leaves. Soak the roll in milk and press dry. Beat the egg and bread together, add the creamed butter and work in the meat, cabbage and seasoning. Form into a ball and place in the cabbage head. Refold the leaves and bake three or four hours, basting with butter and water. Serve on a round, hot platter with the gravy from the pan.

### **Stewed Cabbage**

Chop small one gallon of hard, white cabbage. Have ready a pot of boiling water salted to taste, and with a tiny pinch of soda in it. Put in the cabbage and let it boil until tender. Then drain it through a colander, press out carefully all of the water. Put it in a saucepan with four ounces of nice butter, a teacupful of sweet milk, and salt and pepper to taste. Mix thoroughly, and let it stew until the cream is all absorbed. On no account let it burn, which it is apt to do if not constantly stirred. Serve immediately. Cabbage is never nice when it remains some time after it is done.

### **Cabbage Boiled Without Meat**

Boil white cabbage in salt water until tender. Drain, place, in a hot covered dish; butter, pepper and salt; then serve. One tablespoonful of butter to a medium sized head of cabbage is the proportion.

### **Cabbage Boiled Whole**

Take one firm, white cabbage; remove the outside leaves, tie around so that the leaves will not fall apart. Cut out the inside from the stalk end, chop fine, season to taste with salt, pepper and butter (a little mustard, if liked), then return to the cavity from which it was cut; now place carefully in a pot, cover with cold water and boil until done. Serve on a flat dish. Mustard dressing is nice with this.

### **Cold Slaw, No. 1**

One medium sized cabbage, chopped fine; salt to taste. Add to the well beaten yolks of three eggs one teaspoonful of prepared mustard, one tablespoonful of sugar, six of apple vinegar, and a teaspoonful of butter. Beat well together, cook till it thickens; when cold, mix well with cabbage half hour before serving.



### **Cold Slaw, No. 2**

One egg, one teaspoonful of salt, one-half teaspoonful of mustard, quarter of a teaspoonful of pepper, two-thirds of a cupful of vinegar; beat all together and boil in a bowl over the steam of a kettle till quite thick; when cold, turn over a small half head of cabbage chopped fine. If too thick add cold vinegar.

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## **CAULIFLOWER**

Have ready a pot of boiling salted water, place in a thin bag of cloth, a head of cauliflower (whole or broken). Drop into the water; boil fifteen minutes, or until tender. Place in a warm covered dish, and butter and pepper five minutes before serving; or make a cream sauce of sweet milk, butter, flour, well boiled and seasoned. Pour over and serve.

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## **CELERY**

### **Raw Celery**

If the celery is well blanched, the inner stalks or heart can be separated and served on a pretty china dish, the soft yellowish-green leaves being used as a garnish.

### **Creamed Celery**

Wash and cut in inch pieces as much celery as needed. Boil until tender in salt water. (Chicken stock preferred.) Strain and serve with cream dressing. This may be served on toast.

### **Celery on Toast**

The coarser, outer stalks can be cut to pieces half an inch long, boiled in milk until tender, and placed on toast like asparagus. This may be varied by thickening the milk with a tiny pinch of corn starch, adding salt and butter, pouring it over the celery. Celery is said to be beneficial to persons suffering from nervous diseases.

## BEANS

### Haricot Beans a la Creme

Soak the beans over night in cold water, then next day drain them and boil till tender in either salted water or thin white stock—the latter, of course, to be preferred. When thoroughly done, but not broken, pour off any liquid that remains and add to the beans a tablespoonful of finely minced parsley, and a small teacupful of rich cream. Stir gently for a minute or two until the beans are well coated and the whole thoroughly hot, then serve neatly piled up in the middle of a hot dish with a border of toasted bread round about.

### Butterbeans

Boil in salted water until tender. Butter and serve in a hot covered dish.

Butterbeans which dry on the vines through the season may be put away in thick paper bags, or wooden boxes for winter use. To prepare them for the table, soak over night, then boil until tender, either buttering them or boiling with them a small piece of salt pork.

### Boston Baked Beans

Take the quantity of beans desired and boil in an earthen jar twenty-four hours, letting it remain in the oven over night. Take as much as is necessary for dinner, place in a baking pan, with slices of salt pork; put in the oven and bake slowly until a rich brown. One should begin to boil early one morning so that the beans may be served for dinner next day. A large quantity may be boiled and baked as they are needed.

**Baked Beans**

1	qt. beans	$\frac{3}{4}$	teaspoonful mustard
1-3	lb salt pork	2-3	lb pork
	4	tablespoonfuls	molasses

Parboil the beans. Take off the stove and drain. Place 1-3 lb. pork in a dish. Pour the beans in and add molasses and mustard. Put 2-3 lb. of pork on top, fill with water and bake all day. Add water as necessary.

**MACARONI AND SPAGHETTI****Italian Spaghetti**

$\frac{1}{4}$	lb breakfast bacon	3	lb chese
2	tablespoonfuls olive oil	2	large or
2	lb onions	3	small boxes spaghetti
2	lb round steak	Green and red peppers if de-	
3	cans tomatoes	sired	
	1	can	mushrooms

Fry the bacon, add olive oil, then brown onion and steak diced in small pieces in grease, then add tomato and one quart of water. Salt and pepper to taste and cover. Allow to simmer for two hours. Now add mushrooms and bacon broken in small pieces, and if desired, green and red peppers. Allow to simmer one-half hour longer. Cook spaghetti in salt water; mash and add to the sauce, with cheese, grated, reserving a half pound to put over the top of the spaghetti when served. Allow to set for 10 to 15 minutes so the flavor of the sauce will strike through the spaghetti.

**Baked Macaroni**

Break macaroni into inch lengths. Boil it fast in salted water for fifteen minutes. Butter a baking dish and arrange the macaroni in it in layers, dotting each layer with bits of butter and sprinkling it with pepper and a trifle of ground mustard. Over each layer sprinkle a tablespoonful of cheese. Pour a cup of milk over the whole, and bake twenty minutes in a hot oven.

### **To Prepare Macaroni**

For one box of macaroni use one cupful of chipped fat ham. Place this in a frying pan with one green bell pepper and one onion, chopped fine. Let cook until the ham begins to brown. Then add one can of tomatoes, mashed fine. Break the macaroni in short pieces. Drain and pour the sauce on. Sprinkle grated cheese on the top and then bake.

### **Croquettes of Macaroni**

Boil one-fourth pound of macaroni in salted water until very tender. Drain and toss in a sauce-pan with one heaped tablespoonful of butter, one-half ounce of Parmesan cheese, one-fourth ounce cooked tongue cut in fine dice. Spread on a well-buttered platter, about one inch thick, cover with a buttered paper, press it well down and set away to cool. Divide with the back of a knife into six parts, roll each one in grated cheese, then in beaten egg and in crumbs. Fry in very hot fat until well browned. Drain and serve on a folded napkin.

### **Macaroni with Milk**

Break into pieces an inch long, a quarter of a pound of macaroni and boil in a quart of salted water ten minutes or until soft. Throw the macaroni into a colander, pour cold water over it and drain thoroughly. Then return it to the saucepan, pour over it a cupful of sweet milk or clear soup and place it on the fire; let it simmer until the liquid has been absorbed, being careful that the macaroni does not burn. Now add a saltspoonful of salt, one of pepper, and two tablespoonfuls of grated cheese. Have ready a tablespoonful and a half of melted butter, pour over the macaroni after it has been placed in the serving dish. The cheese may be omitted if undesirable; and in this case a little more seasoning will generally be required. A cupful of tomato sauce, prepared by highly seasoning fresh stewed tomatoes, may be poured over hot macaroni and is much liked.



### **Baked Spaghetti Au Gratin**

One-half package of spaghetti, break in inch lengths, boil in salt water 20 minutes. Put in a baking dish, alternate with one-half can of tomatoes. Sprinkle with bread crumbs on top and brown.

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## **CORN**

### **Corn Fritters, No. 1**

Make a batter of one cup of sweet milk, one cup of flour, a heaping teaspoonful of baking powder and a pinch of salt and one egg. To this add one cup of finely cut green corn, or one cup of canned corn. Drop in boiling lard or cooking oil and let brown.

### **Corn Fritters, No. 2**

Have two eggs well beaten; stir into them half a teacupful of bread or cracker crumbs, then one of boiled corn; mix thoroughly; make into small cakes and fry in boiling lard, a few at a time. As they are cooked place in a colander, or on brown paper, to drain.

### **Corn Pudding**

Turn out a can of corn and let stand ten minutes. Beat two or three eggs two minutes, stir in the corn, then a teacupful of sweet milk and a teaspoonful of butter. Season to taste with salt and white pepper, turn into baking dish and bake half an hour.

### **Green Corn Cakes**

One pint of grated or cut off corn, three eggs, butter or lard, size of a walnut, one tablespoonful of flour, little milk and salt, pepper if you like.

### **Baked Corn**

Fill a baking dish with corn, cut and scraped from the cob, cover the corn with sweet milk, season with salt, pepper and a teaspoonful of butter to each quart of corn and bake for half an hour.

### Roasted Corn

Shuck, silk and put in the oven and brown. Then salt and eat; or roll in wet brown paper and put down in the ashes, covering well. When the paper begins to burn the corn is generally done.

### Canned Corn

For each can used allow a tablespoonful of butter, a heaping saltspoonful of salt and half a saltspoonful of pepper; place this seasoning in a saucepan and when the butter is melted, put the corn in and bring it to the proper heat. If the corn lacks moisture, add two or three tablespoonfuls of cream or milk and a teaspoonful of sugar.

### Succotash

10	ears corn	1	teaspoonful salt
1	qt. Lima beans	$\frac{1}{4}$	teaspoonful pepper
2	tablespoonfuls butter	1	cupful sweet cream

With a sharp knife, cut the corn from the cobs and add to the Lima beans the last fifteen minutes of cooking. The mixture should be cooked nearly dry. Add butter, seasonings and cream, and simmer for ten minutes.

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## BRUSSELS SPROUTS

Cut the sprouts from two medium sized stalks, pick off all tarnished leaves, and lay them for fifteen minutes in salted water. Drain them well and cook in plenty of boiling water, uncovered, until tender, from ten minutes to half an hour, according to their age. Drain in a colander and serve with Bechamel or Hollandaise Sauce.

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## BROCCOLI

Cook like Brussels Sprouts, and while draining prepare three-fourths pint of Bechamel Sauce. Lay a slice of buttered toast in a deep platter, arrange the largest head in the middle and smaller ones around it. Pour the sauce over and around them.

## DANDELIONS

Gather only the freshly grown plants; best when the dew is on them. The tenderest leaves make an excellent salad with bacon dressing. The whole plant, after thorough washing, may be boiled until tender, drained, chopped fine, seasoned with salt, vinegar and a liberal measure of butter. Those who think it too bitter may use half spinach or beet, or sorrel, in which case the dandelion should be partly cooked before the more succulent plant is added. It cannot be too well recommended.

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## TOMATOES

Vinegar should not be poured over sliced tomatoes until they are put on the table. The addition of a few thin slices of onion will impart a pleasant taste. Lemon juice may be used in place of vinegar if preferred. A dish of sliced tomatoes sprinkled with powdered sugar and shaved ice, with the juice of a lemon squeezed over, will be found very refreshing for breakfast in hot weather.

Tomatoes, sliced, broiled and buttered, or dipped in egg batter and fried in boiling lard, will also be acceptable for the morning meal.

### Baked Tomatoes, No. 1

Remove the meat from whole tomatoes, season crumbs of lightbread with butter, onion, pepper and salt; fill tomatoes and bake.

### Baked Tomatoes, No. 2

Remove the meat from six tomatoes, chop and add one cup of boiled ham ground; season and fill tomatoes. Cover with bread crumbs, and a lump of butter. Bake on buttered tins until tender.

### **Tomatoes and Spaghetti**

Boil until tender, one-half box of spaghetti. Pour off water, and add one can of tomatoes, seasoned. Pour over one cup of milk in which two eggs have been well beaten, and sprinkle a layer of cheese on top. Bake lightly in a hot oven.

### **Scalloped Tomatoes**

Scalloped tomatoes make a delicious dinner dish. To prepare it, peel large ripe tomatoes, slice and sprinkle with salt. Cover the bottom of a baking dish with a layer of stale bread crumbs, then slices of tomatoes, more bread crumbs, with bits of butter, salt and pepper; continue to arrange the tomatoes and seasoning in this way until the dish is full; spread the top with butter, and set in a hot oven to bake an hour. Add sugar if desired.

### **Stuffed Tomatoes**

Tomatoes, cut open, the centers filled with butter, pepper and salt, and the halves pressed together and baked in a hot oven, form an appetizing entree for dinner.

### **Grilled Tomatoes**

Place on a thin round slice of buttered bread a thick slice of tomato. Season with salt. Sprinkle with grated cheese, either Swiss or American, and place one strip of bacon on top. Cook in a moderate oven until the bacon is crisp.

### **Stewed Tomatoes, No. 1**

After being peeled and chopped, put in a sauce pan and set over a slow fire to simmer for an hour; then to every pint of stewed tomatoes add a cup of bread crumbs, a tablespoonful of butter, a pinch of pepper and salt each, with half a teaspoonful of sugar, and let cook for half an hour. When done they should be smooth and thick, but not stiff or full of lumps.



### **Stewed Tomatoes, No. 2**

Take medium sized tomatoes, peel, slice and place in a stew pan, with a teaspoonful of salt, one of butter, a tablespoonful of sugar and a pinch of black pepper. Cook for one hour and a half; let brown to the pan.

### **Tomatoes Stuffed With Celery, Cucumber and Green Pepper, Served With French Dressing**

Select twelve even sized ripe tomatoes; scald quickly and slip the skins from them, carefully removing that at the blossom end with a small knife. Set on ice to chill, then cut slice from the end of each tomato, and with a sharp teaspoon remove as much of the meat as possible without breaking the outer skin.

Chip fine three medium sized heads of celery and three bell peppers; remove seed and core from the latter; peel and slice three cucumbers and cut into dice. Cut into small pieces the meat taken from the tomatoes.

Make a dressing as follows: Turn into a soup plate four tablespoonfuls of olive oil; add to this a level teaspoonful of salt and the same of pepper. Beat in, pouring slowly four tablespoonfuls of apple vinegar; whip with a fork until creamy.

Mix the chopped vegetables together, seasoning with a teaspoonful of salt, then mix in, lightly, the dressing. Fill the tomato shells with this, put on and keep on ice until ready to serve. Garnish with a spray of delicate endive across the top.

### **Tomatoes Stuffed With Eggs**

Peel and hollow a medium sized tomato. Season with salt and fill with a fresh egg. Sprinkle cracker crumbs and grated cheese; salt to taste and add a lump of butter. Bake until the egg is set.

### **Broiled Tomatoes**

Slice tomatoes about one-third of an inch thick. Dip in cracker crumbs. Broil in butter. Season with salt and pepper. When done sprinkle with sugar.

**Baked Tomato**

6	tomatoes	1	cupful bread crumbs
1	teaspoonful onions (finely chopped)	1	teaspoonful salt
2	teaspoonfuls bacon grease or butter	1	saltspoonful red pepper
		1	teaspoonful vinegar

Select not well ripened tomatoes. Wash and scoop out the middle without peeling. To the pulp add the bread crumbs, the onion, bacon grease or butter, salt, red pepper, and vinegar. Mix thoroughly and put in tomato shells, putting small pieces of raw bacon on top of each. Put in oven to bake for twenty minutes, having just enough water in bottom of pan to keep tomatoes from sticking to pan and burning.

**Stuffed Tomatoes**

Peel sound tomatoes, and scoop from stem end a part of center. Place them on ice and just before serving fill with celery cut fine and mixed with mayonnaise. Put a little mayonnaise on lettuce leaves and place the stuffed tomato on the dressing in the center of each leaf.

Tomatoes may be stuffed in the same way with chopped veal, celery and veal or chicken, celery and sweetbreads or chopped hard-boiled eggs and shredded lettuce.

A very pretty salad may be made by preparing the tomatoes as above, partly filling them with mayonnaise and pressing into each one half of a hard-boiled egg, letting the rounded top rise a little above the tomato, and serve on lettuce leaves as above.

**To Serve Tomatoes**

Take off a very thin peeling, and cut the tomato from blossom end to stem end in six or eight points, according to size of tomato. Then open the tomato, leaving the seed in a round bulb in the center, and place mayonnaise around the seed.

## PEPPERS

### Stuffed Peppers

Chop one medium-sized chicken, and add the same quantity of rice boiled dry, two eggs, one small onion, and salt to taste. Place this in the peppers, dust on top with bread crumbs, place on each pepper a small piece of butter, brown slightly, and serve on toast with good curry sauce. Make this from the stock the chicken was boiled in; thicken with a spoonful of flour rubbed smooth with butter and flavored slightly with onion, and last, add two level teaspoonfuls of curry powders.

Pour sauce on pepper and toast just before serving. The peppers, after having stem end cut off and seeds removed, may be parboiled in the chicken stock for fifteen minutes before they are stuffed.

### Peppers Stuffed with Crabs

One can of crabs, or a quart of fresh crab meat; three eggs, one tablespoonful of melted butter, half a teaspoonful of mustard, one teaspoonful of Worcester sauce, salt and pepper to taste. Cut off the tops of eight peppers (bell peppers if preferred), then remove the seed and seams. Boil the eggs and chop fine, shred the meat (if fresh, this must be boiled until done). Mix these together with the mustard, salt and pepper, sauce and butter. Stuff the peppers, put on the tops; serve on a lettuce leaf, or garnish with nasturtium leaves and flowers.

### Filling for Green Peppers

Mix equal quantities of sardines, cheese and bread crumbs; grate the cheese and shred the sardines. Mix this into a thick paste with fresh egg, and stuff the pepper. Pin on the tops of the peppers with tooth-picks. Make a light thin batter with one egg, sweet milk and flour, and salt to taste. Drop the peppers in the batter, fry in hot lard a nice brown. Drain on brown paper and serve on lettuce leaves.



### **Another Filling for Green Peppers**

Remove the stem ends and seed, and parboil the peppers for a few minutes. Chop one small onion, one can of mushrooms, one teacupful of chicken, veal or turkey, one finely chopped green pepper, a little parsley, mix all together, salt to taste, cook for five minutes in one tablespoonful of butter. Then fill the peppers, dust over with bread crumbs, and bake a light brown.

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## **PARSNIPS AND CARROTS**

Parsnips and carrots parboiled until quite tender and fried in the same way are very fine. If parsnips are young, scrape and throw into cold water; if old, pare and cut in quarters. Put them into a sauce pan of boiling water and boil until tender (if young, three-quarters of an hour; if old, one and a quarter hours). When done, drain them, lay them on a heated dish heads all one way, cover with cream sauce or drawn butter and serve with corned beef or boiled salt fish.

### **Carrots a la Bruxelles**

Take a half dozen nice, fresh carrots, scrape and wash them well, then cut them into slices one-third of an inch thick, boil them until tender, then drain and set them on one side. Put two ounces of butter into a saucepan and, as it melts, mix in very smoothly, one ounce of flour and a small teaspoonful of salt. Cook these ingredients over a gentle fire for five minutes—stirring all the time lest they should acquire any color—then add a teacupful of white stock, or milk, two egg yolks, a seasoning of pepper and some lemon juice, and continue stirring until the sauce boils. Lay in the carrots, toss them lightly over the fire for a few minutes, then turn the whole out on a dish. Garnish with toasted bread and serve hot.



# CAKES

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## POUND CAKE

### Pound Cake, No. 1

1 lb butter	12 eggs
1 lb sugar	1 teaspoonful soda
1 lb flour	2 teaspoonfuls cream tartar

The soda and cream of tartar must be dissolved separately; the soda in a little less than half a cup of water, the cream tartar, in half a cup of water. Beat yolks and sugar together; the flour and butter together. The whites beat separately, to a stiff froth. When all are well beaten, mix the eggs into the butter and flour thoroughly; flavor to taste and mix in soda and cream of tartar. Bake rather quickly.

### Pound Cake, No. 2

10 eggs	$\frac{3}{4}$ pound butter
1 lb sugar	1 teaspoonful vanilla or
1 lb flour	lemon

Break the eggs separately; beat the yolks and sugar together; add half of the flour, well sifted. Cream the butter, beat in, then add rest of the flour and the whites of the eggs beaten to a stiff froth. Then the flavoring. Bake in a moderate oven, about two hours.

### Soft Ginger Pound Cake

1 teacupful molasses	5 teacupfuls flour
2 teacupfuls sugar	4 eggs
$\frac{1}{2}$ teacupful butter	2 tablespoonfuls ginger
1 teacupful buttermilk	1 level teaspoonful soda

### Old Fashioned Lady's Cake

16 eggs (whites)	1 lb powdered sugar
1 lb flour, sifted	2 wine glasses rose water
1 lb butter (fresh)	$\frac{1}{4}$ pound bitter almonds

Blanch the almonds in scalding water. Pound them one at a time in a mortar, pouring in, as you do so, the

rose water—a few drops at a time—to moisten them, make them lighter, and keep them from sinking in a lump to the bottom of the cake. On no account use sweet almonds. When they have been pounded to a smooth paste, cover them and set them away in a cold place. It is better to prepare them the day before they are wanted. Cut up the butter in the sugar and beat to a light cream. Take the whites only of sixteen eggs and beat till they stand alone. Then stir into the creamed butter and sugar alternately with the flour, a little at a time. Stir the whole mixture very hard, and then put into a well buttered tin pan, and set immediately in a hot oven. It will require more than two hours to bake. Be careful not to let burn. When sure it is done, which can be ascertained by testing it with a twig from a corn broom, place it on an inverted sieve, cover lightly with a napkin, and let it cool gradually. When cold, ice it with whites of egg and powdered loaf sugar, flavored with ten drops of oil of lemon or one drop of oil of roses. Don't cut until the next day. This cake is beautifully white and, if the recipe is strictly followed, will be found delicious. If put in a cool place and guarded from the air, it will keep a week.

The yolks may be used in Gold Cakes.

### Chocolate Loaf

1	cupful butter	2	tablespoonfuls baking powder
2	cupfuls sugar		
4	eggs	1	cupful chopped almonds
1	cupful Irish potatoes	1	teaspoonful vanilla
	boiled and grated	½	cupful sweet milk
1	teaspoonful vanilla	2	cupfuls flour
½	cupful sweet milk	2	tablespoonfuls baking powder
2	cupfuls flour		

Cream the butter and sugar, then add the yolks of the eggs, the potatoes, chocolate, almonds and vanilla and milk, and beat well. Then add one cup of the sifted flour, then the whites, beaten stifly, then the other cup of flour with the baking powder. Bake in a loaf for three-quarters of an hour, and serve hot or cold.

**Six Egg Cake**

4	cupfuls flour (sifted twice)	1	cupful butter
		2	teaspoonfuls baking powder
6	eggs		
2	cupfuls sugar	1	teacupful milk

Beat yolks of eggs with one cupful of sugar; beat butter and other cupful of sugar. Mix and add one-half cupful of flour, then alternately, the milk and flour that has been sifted with the baking powder, then last, add the whites stiffly beaten. Bake well in greased tins.

Use any filling desired.

**GOLD CAKE****Premium Gold Cake**

8	eggs (yolks)	4	teacupfuls sifted flour
2	eggs (whites)	1	teaspoonful vanilla
2	teacupfuls sugar	1	heaping teaspoonful bak- ing powder
1	teacupful butter		
	1	teacupful	sweet milk

Sift the baking powder in the flour. Beat the yolks and sugar until very light; cream the butter and add to this. Stir in one cupful of flour, then the sweet milk; then the rest of the flour, last the whites, well beaten, and the vanilla. Bake one hour and a half in a moderate oven.

**Old Fashioned Gold Cake**

12	eggs (yolks)	4	teacupfuls sugar
6	teacupfuls sifted flour	3	teaspoonfuls baking powder
1	teacupful milk		
	1½	teacupfuls	butter

To use with Old Fashioned Lady Cake both for the sake of using the yolks of part of the eggs whose whites were put in the lady's cake, and for the sake of the contrast of color.

Cream the butter and sugar together until very light; add the milk, the eggs—very thoroughly beaten—and, lastly, the flour twice sifted with the yeast powder. One-half the quantity given in these recipes would probably be ample for modern requirements. Our grandmothers were generous providers.

**Gold Cake, No. 1**

$\frac{1}{2}$ teacupful butter (full)	$\frac{1}{2}$ teaspoonful salt
1 teacupful powdered sugar	$1\frac{1}{2}$ teaspoonfuls baking powder
4 eggs (yolks)	
$\frac{1}{2}$ teacupful sweet milk	1 teaspoonful lemon extract
2 teacupfuls sifted flour	

Mix in the order given, creaming the butter first. Beat the eggs well, sift the salt and baking powder in the flour. Beat until perfectly smooth and bake in a shallow tin, lined with buttered paper, from twenty minutes to half an hour in a steady oven, being careful not to open the door suddenly upon it. Powdered sugar sifted thickly over the top, just before baking, improves its appearance, or you can cover it with icing. Cut in three inch square blocks.

**Gold Cake, No. 2**

May be made as for White Cake No. 1, using yolks instead of the whites of the eggs.

**WHITE CAKE****Premium White Cake**

8 eggs (whites)	4 light teacupfuls sifted flour
2 teacupfuls sugar	
1 teacupful butter	1 heaping teaspoonful baking powder
1 teacupful sweet milk	

Sift the baking powder in the flour, cream the butter and sugar together until very light; beat into this one cupful of the flour, then add the sweet milk, now beat in the rest of the flour; when perfectly smooth stir in the well beaten whites; last, the vanilla. Bake one hour and a half in a moderate oven.

**Snow Cake**

8 eggs (whites)	2 cupfuls flour
2 cupfuls sugar	2 heaping teaspoonfuls baking powder
1 cupful butter	
1 cupful corn starch	



**White Cake, No. 1**

4	eggs (whites)	1½	teacupfuls flour, in which
1	teacupful sugar		has been sifted
½	teacupful butter	1½	teaspoonfuls baking
½	teacupful sweet milk		powder

Cream butter and half the sugar together; beat the eggs to a stiff froth, and add to them the rest of the sugar; add flour and eggs alternately to the butter. Last, add the milk.

**White Cake, No. 2**

13	eggs (whites)	1	teacupful butter
5	teacupfuls sifted flour	1	teacupful buttermilk
2½	teacupfuls flour	1	teaspoonful soda

If preferred, use one cup of sweet milk and one teaspoonful of yeast powder.

**White Cake, No. 3**

1	cupful white sugar	4	eggs (whites only)
2	cupfuls sifted flour	1	teaspoonful baking
½	cupful butter		powder
	½	cupful sweet milk	

Cream the butter and sugar, and beat until light; add sweet milk and flour, then whites of the eggs, beaten to a stiff froth. Beat well for several minutes and bake quickly.

**White Mountain Cake**

2	cupfuls sugar	½	cupful sweet milk
½	cupful butter	2½	cupfuls flour
1	cupful sugar	2½	teaspoonfuls baking
8	eggs		powder

Cream the butter with one cupful of sugar; beat the whites of the eggs to a stiff froth and mix with the other cupful of sugar, then beat in the milk and the flour, into which the baking powder has been stirred. Flavor with vanilla. This makes a very delicate, nice cake.

## ANGEL FOOD CAKE

### Angel's Food Cake

- |    |                      |    |                          |
|----|----------------------|----|--------------------------|
| 11 | eggs (whites)        | 1½ | cupfuls granulated sugar |
| 1  | cupful flour         | 1  | teaspoonful vanilla or   |
| 1  | teaspoonful cream of |    | almond                   |
|    | tartar               |    |                          |

Measure the flour after sifting once, mix with cream of tartar and sift four times. Beat the whites of the eggs until stiff and flaky. Add the sugar and beat again; add vanilla or almond, then mix in flour quickly and lightly. Line the bottom and funnel of a cakepan with paper not greased, pour in the mixture and bake about forty minutes. When done loosen the cake around the edges and turn out.

### Angel Food

- |    |                         |   |                      |
|----|-------------------------|---|----------------------|
| 11 | eggs                    | 1 | teaspoonful vanilla  |
| 1½ | tumblerfuls granulated  | 1 | teaspoonful cream of |
|    | sugar                   |   | tartar               |
| 1  | tumblerful sifted flour |   |                      |

Sift the flour four times, add cream of tartar and sift again. Sift the sugar and measure it; beat the whites of the eggs to a stiff froth, on a large platter; on the same platter, add the sugar lightly. Then add the flour gently, then the vanilla. Don't stop beating until you put it in the pan. Bake forty minutes in a moderate oven, try with a straw, and if too soft, let it remain a few minutes longer. Don't open the oven until the cake has been in fifteen minutes. Turn the pan upside down to cool, and when cold, take out by loosening around the sides with a knife; then ice. Use a pan that has never been greased.

### Cup Cake

- |   |               |      |   |
|---|---------------|------|---|
| 1 | cupful flour  | 1    | cupful milk or water                      |
| 2 | cupfuls sugar | 2    | teaspoonfuls baking                       |
| 4 | cupfuls flour |      | powder                                    |
|   | 5             | eggs | (leave out three of the whites for icing) |

**Feather Cake**

- |               |                  |               |                           |
|---------------|------------------|---------------|---------------------------|
| 3             | eggs             | $\frac{1}{2}$ | teacupful sweet milk      |
| 2             | teacupfuls flour | 1             | teaspoonful baking powder |
| $\frac{1}{2}$ | teacupful butter | 1             | teacupful sugar           |

Beat the eggs separately; sift the baking powder in the flour; add the milk last. Used for a pudding with sauce, or cold for tea.

**SPONGE CAKE****Sponge Cake, No. 1**

- |   |                           |               |                           |
|---|---------------------------|---------------|---------------------------|
| 2 | cupfuls powdered sugar    | 4             | eggs                      |
| 2 | cupfuls flour (sifted)    | $\frac{3}{4}$ | teacupful boiling water   |
| 2 | teaspoonful baking powder |               | Pinch of salt             |
|   |                           |               | Lemon or vanilla to taste |

Beat the whites and the yolks of the eggs separately; add the boiling water after all the other ingredients have been mixed, and bake in a moderate oven.

**Sponge Cake, No. 2**

- |    |                              |   |                            |
|----|------------------------------|---|----------------------------|
| 6  | eggs                         | 2 | teaspoonfuls baking powder |
| 2  | cupfuls sugar                |   | Flavoring to taste         |
| 2  | cupfuls flour                |   |                            |
| 10 | tablespoonfuls boiling water |   |                            |

Beat the yolks of the eggs and the sugar together and add the beaten whites. Add to this one cupful of flour and ten tablespoonfuls of boiling water. Then add the rest of the flour and the baking powder. Flavor to taste; bake in a moderate oven.

**Croton Sponge Cake**

- |               |           |   |                                      |
|---------------|-----------|---|--------------------------------------|
| 1             | lb flour  | 1 | teacupful sweet milk (a little warm) |
| 1             | lb sugar  | 2 | teaspoonfuls cream of tartar         |
| $\frac{1}{2}$ | lb butter |   |                                      |
| 6             | eggs      | 1 | teaspoonful soda                     |

Sift the cream of tartar in the flour, dissolve the soda in the sweet milk and bake in a moderately quick oven.

**White Sponge Cake**

- |   |                 |   |                           |
|---|-----------------|---|---------------------------|
| 5 | eggs (whites)   | 1 | teacupful sugar           |
| 1 | teacupful flour | 1 | teaspoonful baking powder |
- Flavor as liked. Bake in a quick oven.

**Delightful Sponge Cake**

- |   |            |   |                            |
|---|------------|---|----------------------------|
| 1 | pint sugar | 7 | eggs                       |
| 1 | pint flour |   | Vanilla or lemon flavoring |
- $\frac{1}{2}$  tumblerful warm water

Pour the water on the sugar and set it on the stove to cook till it is clear; then pour while very hot, in a small stream into the well beaten yolks; when well stirred and very light, add the whites, beaten to a stiff froth. Add flavoring, and last, the flour sifted in very lightly. Bake in a flat stovepan in a very quick oven.

**FRUIT CAKE****Little White Fruit Cake**

Follow exactly the recipe for fig eclairs, substituting for the fig the following preparations: For twenty-four cakes: Chip fine enough citron to make two tablespoonfuls, grate half a small cocoanut, cut into small dice four slices of pineapple, peel and seed and slice a quarter of a pound of Tokay or Malaga grapes, blanch and chip fine one-quarter pound of Jordan almonds. Mix these together and fill closely the cavities in the cakes, smoothing the tops with a knife. Ice as directed for fig eclairs.

**A Cheap Fruit Cake**

- |                |                      |               |                            |
|----------------|----------------------|---------------|----------------------------|
| 1              | lb sugar             | $\frac{1}{2}$ | lb citron                  |
| 1              | lb flour             | 4             | eggs                       |
| $\frac{3}{4}$  | lb butter            | 1             | level teaspoonful cloves   |
| $1\frac{1}{2}$ | lb raisins           | 1             | level teaspoonful allspice |
| 1              | teacupful buttermilk | 1             | small nutmeg               |
- 1 teaspoonful soda

Dissolve the soda in a little milk and add last.



## Fruit Cake

1 lb sugar	1 teaspoonful mace
1 lb flour	2 teaspoonfuls cinnamon
1 lb butter	3 lb raisins (seeded and chopped)
10 eggs	1 lb citron (chopped)
1 cupful sweet milk	4½ lb almonds, dates and dried figs, cut fine
1 teaspoonful baking powder	1 cupful brandy or whiskey
2 teaspoonfuls allspice	1 bottle champagne
1 teaspoonful cloves	

Beat the yolks of the eggs with a half cupful of sugar; cream the butter with the other half of the sugar, and then mix them; add flour and sweet milk with baking powder stirred into it; then the whites well beaten; one cup of syrup. Add the spices. Add the fruits and nuts. After these are put in the batter, add one cupful of good brandy or good whiskey. When done, pour over it a bottle of champagne.

## My Premium Fruit Cake

12 eggs	1 pound Brazil nuts
1½ pounds butter	1 heaping teaspoonful cloves
1½ pounds flour	1 heaping teaspoonful allspice
1½ pounds sugar	1 heaping teaspoonful cinnamon
1 teacupful syrup	½ pound flour (to flour fruit)
1 teacupful wine	1 nutmeg (grated)
1 level teaspoonful soda	
4 pounds raisins	
3 pounds currants	
1½ pounds citron	
1 pound English walnuts	

Break the eggs separately; beat the yolks with half the sugar, cream the butter with the other half; then mix these; add half the flour, then the whites of the eggs, beaten to a stiff froth; then the other half of flour; then the syrup with the soda well beaten in it. Now add the ground spices. Chip fine half the citron, three pounds of raisins, and the nuts. Now mix with these the currants and the pound of whole raisins; place in a large tray, and sift over them the half pound of flour; be careful to rub this flour well on the fruit. Stir the fruit quickly into the batter; put into the

pan; cut the rest of the citron in long strips a quarter of an inch thick, and place about the cake, just letting the batter cover; this holds the cake together, and keeps it from crumbling. Bake slowly for six hours, being careful not to burn. When the cake is done, place on a large cloth; pour over it one teacupful of good wine, cover well with the cloth, and let remain till cold. This is ready for use in a few days, and will keep well. The currants should be washed and spread on a cloth to dry the day before using. Half this measure will make a very nice cake. It is well to use three or four layers of well greased brown paper in the pan, cutting to fit the sides.

### White Fruit Cake, No. 1

1	lb flour	3	teacupfuls cream of
1	lb pulverized sugar		tartar in flour
15	eggs (whites)	1	teaspoonful soda in
½	lb butter	1	cupful sweet milk

The quantity of fruit required:

¼	lb Malaga grapes	½	lb almonds
3	or 4 bananas	½	lb raisins
¼	lb citron	2	or 3 cocoanuts

Cream the butter perfectly white. Add flour after sifting three times. Beat the whites of the eggs to a stiff froth; add last. Cut the cake in seven layers, cover the first layer with icing and grated cocoanut, the next with icing, cocoanut and pineapple. (Take the core and hard part out of the pineapple and chop the soft part fine. Press juice out); third layer with icing, cocoanut and Malaga grapes, pulped and chopped; fourth layer, icing, cocoanut and raisins seeded and chopped fine; fifth layer, icing, cocoanut and bananas chopped fine; sixth layer, icing, cocoanut and citron chopped; seventh layer, icing, cocoanut, blanched almonds, chopped fine. Then put on the bottom layer of the cake for the top, ice it all over, sprinkle with cocoanut, and ornament, now and then, with whole almonds and raisins.

**White Fruit Cake, No. 2**

Make a Premium White Cake. When the cake is cool, cut in four layers. Peel and slice six bananas thin; grate one cocoanut and seed one pound of Malaga grapes. Spread the first layer with icing; then place the fruit on this; first, a layer of bananas, then one of grapes, then one of cocoanut; spread the bottom of the next layer with icing, and place it. Proceed in this way with each layer; when this is done, ice the cake.

**Coventry Fruit Cake**

$\frac{1}{2}$ lb	butter, creamed with	almonds
1 lb	sugar	1 teaspoonful cloves
1 lb	flour	1 teaspoonful cinnamon
1 lb	eggs	1 teaspoonful allspice
1 lb	prepared currants	1 small nutmeg
1 lb	stoned raisins	2 teaspoonfuls baking
$\frac{1}{4}$ lb	citron and lemon peel	powder
$\frac{1}{4}$ lb	sweet and bitter	

Flour carefully the fruits and nuts before stirring in last. Blanch and pound the almonds.

**Cocoanut Cake**

2	teacupfuls sifted flour	$\frac{1}{2}$	teacupful sweet milk
1	teacupful white sugar	$\frac{1}{2}$	teacupful butter
1	teacupful cocoanut (grated)	1	teaspoonful baking powder

Sift the baking powder in the flour; cream sugar and butter together until very light; add half the sweet milk, and when well mixed, add half the flour, then the balance of the milk and flour. Add the eggs, beaten to a stiff froth, and lastly, the cup of cocoanut, well dredged in flour. Bake in a moderately hot oven. The cocoanut should be grated, sprinkled lightly with sugar, and set in the sun a few hours before using.

**Raisin Cake**

Make a good white cake batter; dredge with flour, one and a half pounds of raisins, chopped, and stir into the batter just before baking. It will require more time than a plain white cake.

## SPICE CAKE

1½ cupfuls butter	½ teaspoonful cloves
3 cupfuls sugar	1½ teaspoonfuls cinnamon
6 cupfuls flour	1½ teaspoonfuls nutmeg
6 eggs	½ teaspoonful allspice
1½ teaspoonfuls soda	

Sift the soda in the flour.

## Marble Spice Cake

### White Part

4 eggs (whites)	2 teacupfuls sifted flour
1 teacupful sugar	½ teaspoonful vanilla
½ teacupful butter	1 level teaspoonful baking powder
½ teacupful sweet milk	

### Dark Part

4 eggs (yolks)	1 teaspoonful ground cinnamon
1 teacupful sugar	1 teaspoonful ground nutmeg
½ teacupful butter	1 teaspoonful ground allspice
½ teacupful sweet milk	
2 teacupfuls sifted flour	
1 level teaspoonful baking powder	

White Part: Mix as directed for Premium White Cake.

Dark Part: Sift the baking powder in the flour. Beat yolks and sugar together until very light; cream butter and add to this; stir in one cupful of flour, then the milk, then the rest of the flour. Mix the spices and stir in last. Pour a layer of the dark batter in the cake pan, then spoonfuls of the white here and there, then the dark again, and the light, until all the batter is used. Bake an hour and a half in a moderate oven.

## Pineapple Cake

Use white cake batter; for the filling, use two cans of grated pineapple for seven layers; sweeten if necessary. If fresh pineapple is used, then add one cupful of sugar to the pineapple. Put over the fire and cook until jellied, being careful not to burn. Ice with plain icing.



### Spice Cake

6	eggs	1	teacupful black walnut
4	teacupfuls sifted flour		kernels
2	teacupfuls sugar	$\frac{1}{2}$	teacupful sherry wine
1	teacupful butter	1	teacupful ground cinna-
1	teacupful sweet milk		mon
1	heaping teaspoonful bak-	1	teaspoonful ground cloves
	ing powder	1	teaspoonful allspice
1	teacupful raisins chopped	1	teaspoonful grated nut-
	fine		meg
	1		teaspoonful ground mace

Sift the flour and yeast powder together. Break eggs together and beat thoroughly with a stiff egg whip, then add one cupful sugar, thoroughly incorporating this. Cream the butter with the other cupful of sugar. To the egg and sugar add one teacupful of flour, then mix in the butter and sugar; now add another cupful of flour, then half of the milk, another cupful of flour, rolling the raisins in the remaining cupful of flour. Mix the spices together and stir into the batter, then add the raisins, and the nuts, which have been soaked in the wine.

Make a plain white icing and divide into two parts, placing the vessel containing one part in a larger vessel of hot water to keep it from hardening before ready for use. To the other part add one teaspoonful of melted butter, and half teaspoonful of vanilla; put the cake together with this, then ice all over with the other part.

### English Walnut Cake

Make a batter as for white cake, bake in layers; put together with icing (into which has been stirred a teaspoonful of butter); and place English walnuts in large pieces between each layer, icing the bottom of each layer of cake as well as the top. When it is stacked, ice and stick over the top the nuts, shelled carefully, breaking them in halves, placing the broken side down.

**Citron Cake**

4	eggs (whites)	1	heaping teaspoonful bak-
2	teacupfuls flour (sifted)		ing powder (sifted in
1	teacupful sugar		the flour)
½	teacupful butter	½	teacupful flour, to dredge
½	teacupful sweet milk		the citron
1	teacupful citron (chopped	1	lb flour
	fine)	1	lb sugar
10	eggs	¾	lb butter

Cream the butter and half the sugar; beat the eggs separately, adding to the yolks the other half of the sugar; add to the butter part of the flour, then the yolks, the rest of the flour, and last the whites beaten to a stiff froth. Put in the cake pan three layers of well greased brown paper, the sides cut to fit the pan; now put in a layer of batter (have the citron chopped fine and well flavored), a layer of citron, a layer of batter, a layer of citron, making thicker layers of citron as the top is reached. Have last, a thin layer of batter. Bake two hours in a moderate oven.

**Nut Cake**

1	cupful butter	1	teaspoonful ground cloves
2	cupfuls sugar	1	teaspoonful ground cin-
4	cupfuls sifted flour		namon
8	eggs	1	teaspoonful baking pow-
3	cupfuls shelled nuts		der in flour
		1	nutmeg

Beat yolks of eggs and sugar until very light; add the butter, well creamed; then the flour, and whites of eggs beaten to a stiff froth. Mix in the spices well; lastly, add the nuts, well dredged in flour. Bake in a moderate oven one hour and a half, or until the cake begins to leave the sides of the pan.

**One Egg Chocolate Cake**

1	egg (yolk)	1	cupful sugar
½	cupful of milk	3	teaspoonfuls baking
½	cupful cocoa		powder
1½	cupfuls flour		Butter size of egg

Beat egg, add milk and cocoa and cook until thick. Cream sugar and butter, add sweet milk and cooked ingredients. Add flour and baking powder.

**Caramel Cake**

1	cupful flour	$\frac{1}{2}$	cupful milk
1	cupful sugar	1	teaspoonful baking powder
2	eggs	$\frac{1}{2}$	cupful chocolate
		$\frac{1}{4}$	cupful butter

**Icing**

$1\frac{1}{2}$	cupfuls sugar	1	tablespoonful butter
		$\frac{1}{2}$	cupful milk

Mix these together and boil until thick and then beat until light enough to put cake together.

**Devil's Food Chocolate Cake**

$\frac{1}{2}$	cupful butter	$1\frac{3}{4}$	cupfuls flour
1	cupful sugar	1	level teaspoonful soda dissolved in milk
1	egg (whole)		
2	eggs (yolks)	3	squares chocolate
$1\frac{1}{2}$	cupfuls milk		Creamed butter

Beat butter and sugar together. Beat the eggs together and mix with creamed butter. Dissolve soda in milk. Scald milk and mix with chocolate. Mix one yolk with this and put in cake.

**Icing**

3	eggs (whites)	1	teaspoonful vinegar
		$\frac{1}{2}$	cupful water

Put over slow fire and when it begins to rope, pour slowly into stiffly beaten whites. Add vinegar and beat.

**LAYER CAKE****Ribbon Cake**

1	teacupful butter	2	teacupfuls flour
2	teacupfuls sugar	2	teaspoonfuls baking powder
1	teacupful milk		
1	teacupful corn starch	6	eggs (whites)

Mix and divide into four parts. Leave one part white; color one with ten drops of cochineal; mix into one two tablespoonfuls of grated chocolate; stir into one the yolks of two eggs. Bake in layer pans. Put together with a light jelly, then ice.

**Cocoanut Cake**

9	eggs (whites only)	$\frac{1}{2}$	cupful sweet milk
4	cupfuls sifted flour	2	teaspoonfuls baking powder
2	cupfuls white sugar		
	1	cupful	butter

Cream the butter and sugar together until very light; add the sweet milk, then the flour, having sifted the baking powder in the flour and mixing well; then half the whites of eggs beaten to a stiff froth, then the rest of the flour and the eggs. Beat this well for several minutes and bake in a thick cake. When perfectly cool, cut in four layers and fill. To make the filling and icing, boil three cupfuls of best white sugar with one pint of water. Have ready in an earthen bowl, the well beaten whites of two eggs. Pour the sugar into the egg slowly, beating constantly. Take half of the icing and put where it will keep warm, to ice the cake. Add to the rest of the icing, two tea-cupfuls of grated cocoanut, one each of currants and chopped raisins; place between the layers; then ice the cake and before it dries spread over with cocoanut and set away to dry. If preferred, the currants and raisins may be left out.

**Chocolate Cake**

1	cupful butter	1	teaspoonful baking powder
2	cupfuls sugar		
4	cupfuls sifted flour	5	eggs (leaving out three whites)
2	tablespoonfuls sweet milk		

**Filling**

$1\frac{1}{2}$	cupfuls sugar	1	teaspoonful vanilla
4	tablespoonfuls chocolate	3	whites of eggs

Bake quickly in layer pans. Filling: Dissolve the chocolate, when cut fine or grated, in boiling water; add the sugar, then the whites, beaten light, and the vanilla; boil on back of stove until it thickens, stirring constantly. When done, cool and place between the layers and ice over the top. Then ice with white icing, if liked.



**Lemon Cheese Cake**

- |    |               |        |                    |
|----|---------------|--------|--------------------|
| 1  | cupful butter | 1      | teaspoonful baking |
| 1½ | cupfuls sugar |        | powder             |
| 3  | cupfuls flour | 5      | eggs               |
|    | 2-3           | cupful | sweet milk         |

**Filling**

- |   |              |           |                      |
|---|--------------|-----------|----------------------|
| 2 | large lemons | 1         | tablespoonful butter |
|   | 1            | teacupful | sugar                |

Bake batter quickly in layer pans. Filling: Mix butter and sugar, add lemons, then eggs; cook over slow fire until well jellied. Then place between layers. Be careful not to burn.

**White Almond Cake**

- |   |               |   |                     |
|---|---------------|---|---------------------|
| 4 | eggs (whites) | ½ | cupful sweet milk   |
| 1 | cupful sugar  | 1 | teaspoonful baking  |
| ½ | cupful sugar  |   | powder              |
| 2 | cupfuls flour | 1 | teaspoonful vanilla |

Bake quickly in layers. Filling: Blanch in boiling water one pound of almonds, remove skins and beat fine in a strong piece of white cloth. Make icing; place a layer of cake, a layer of icing and a thick one of almonds; then ice the bottom of next layer before placing it. Proceed as before. Ice all over. Ornament on top with whole blanched almonds.

**White Cake, Made With Butter and Buttermilk**

- |    |                  |   |                            |
|----|------------------|---|----------------------------|
| 12 | eggs (whites)    | 1 | teacupful buttermilk       |
| 1  | teacupful butter | 3 | teacupfuls sugar           |
| 5  | teacupfuls flour | 2 | teaspoonfuls baking powder |
|    | Flavor to taste  |   |                            |

Whip the eggs to a stiff froth, add to this one teacupful of sugar; cream butter and sugar together; to this add one teacupful of sifted flour, then half teacupful of the buttermilk, now another cupful of flour, the rest of the buttermilk, and beat thoroughly; fold in half the whites; then a cupful of flour, then balance of the whites; sift the baking powder in the last cupful of flour and stir it in lightly. Bake in a moderate oven. It is said that this cake does not dry out like other white cakes.

**Caramel Cake, No. 1**

5	eggs	$\frac{1}{2}$	teacupful sweet milk
1½	teacupfuls sugar	2	teaspoonfuls baking powder
4	teacupfuls flour		
	1	teacupful	butter

Beat the yolks and half the sugar well; the butter and rest of sugar, cream together. Mix these and beat in the milk, then the flour with the baking powder well mixed in, and the whites of eggs, beaten to a stiff froth. Bake in layer pans.

For the caramel, brown half a cupful of sugar in a flat pan; let it almost burn, then dissolve it by pouring one cupful of boiling water over it and letting it remain on the fire for fifteen minutes. When well dissolved, pour it over two cupfuls of sugar and boil as for icing, stirring often. When it will fall from the spoon in short drops, add butter the size of a walnut; let boil five minutes, stirring all the time. Then take from the fire and beat until stiff enough to spread on the cakes. Use plain icing or the caramel for top and sides. Flavoring can be used, but is not necessary if the sugar is browned sufficiently.

**Caramel Cake, No. 2**

8	eggs (whites)	3	teacupfuls sifted flour
2	teacupfuls sugar	1	teaspoonful baking powder
$\frac{3}{4}$	teacupful sweet milk		
	$\frac{3}{4}$	teacupful	butter

**Filling**

1	lb brown sugar	1	full cup sweet milk
		1	full cup butter

Beat all these well together; while cooking stir constantly. When it thickens, remove from the fire and beat till cool.

**Jelly Cake, or Roll**

Make a sponge cake; bake in layer cake pans; spread strawberry, apple, quince, scuppernong or pear jelly between each layer. Or, bake cake one inch thick in a long baking pan, spread with jelly and roll.

### Croton Sponge Cake

6	eggs	$\frac{1}{2}$	lb flour
$\frac{1}{2}$	lb butter	1	teaspoonful baking
$\frac{1}{2}$	lb sugar		powder

Cream the butter and sugar; beat the eggs separately. Bake in a layer cake pan, and use caramel filling.

### Chocolate Cocoanut Cake

Make a white or yellow premium cake, baking in three layers, make a plain boiled icing and divide into two parts, keeping one part in a bowl set in a vessel of hot water. In the other stir two tablespoonfuls of chocolate which has been dissolved with a little boiling water, and a teacupful of grated cocoanut. Spread this between the layers and ice all over with the plain icing.

### Orange Cake

Make a white cake batter, and bake in layers.

Take the juice of one orange, and a quarter of the rind grated; to this, add one and a half cupfuls of sugar, the yolks of two eggs, and a teaspoonful of butter. Mix all together, and cook in an earthen vessel until a thick jelly; spread between the layers, and ice with yellow icing.

### White Cake

12	eggs (whites)	2	teaspoonfuls baking
$1\frac{1}{2}$	teacupfuls sweet milk		powder
$4\frac{1}{2}$	teacupfuls flour (lightly	$1\frac{1}{2}$	teacupfuls butter
	measured)	1	teaspoonful extract
	3	cupfuls	sugar

Use a half pint cup for measuring. Cream the butter, then add the flour to this; whip the eggs to a stiff froth and add to this the sugar; stir this into the butter and flour, and last add the cup of milk in which has been stirred the baking powder.

Add extract, and bake in a moderate oven.

**Chocolate Marshmallow Cake**

Make a premium white or yellow, and bake in three square layers. Put in a pan in the warmer half a pound of fresh marshmallows. Have ready a plain white icing; dissolve two tablespoonfuls of grated chocolate with a little boiling water, stirring until smooth, then mix this with the icing and add one-half teaspoonful of fresh butter, spread a layer of the cake with this, then quickly place on this half of the marshmallows, which should be light and fluffy; on the bottom of the next layer put a thin coat of icing and put in place; on top of this spread more icing and the balance of the marshmallows; on bottom of top layer a thin coat of icing, and this put in place. Then ice all over with the balance of the icing, or, if preferred, with white icing.

**Kentucky White Cake**

1½ teacupfuls butter	12 eggs (whites)
2½ teacupfuls sugar	1 heaping teaspoonful bak-
3½ teacupfuls flour	ing powder

Cream the butter and sugar together, beating thoroughly. Beat the whites of the eggs to a stiff froth; add to the butter and sugar the flour and whites alternately. Beat well for fifteen minutes after all is mixed. Bake in a loaf in a moderate oven.

**Metropolitan Cake**

8 eggs (whites)	1 tablespoonful allspice
2 cupfuls sugar	1 cupful milk
1 cupful butter	1½ tablespoonfuls cinnamon
3 teaspoonfuls baking powder	1 teaspoonful cloves
4 cupfuls flour	¼ lb citron (sliced)
	¼ lb raisins (chopped)
	1 cupful milk

Bake a little more than three-fifths of this batter in three jelly tins. Add to rest of batter the spices and one-fourth pound each of citron and raisins. Bake in two jelly tins. Put together with frosting, alternately dark and light.



**Sponge Cake**

5	eggs	1	teacupful boiling water
2½	teacupfuls flour	3	teaspoonfuls baking powder
2	teacupfuls sugar		

Beat yolks and sugar together fifteen minutes. Beat whites to a stiff froth and stir them in, then the boiling water, and last the flour in which has been sifted the baking powder. Flavor to taste, and bake in a square pan in a moderate oven.

**Jam Cakes**

8	eggs (yolks)	2	heaping teaspoons baking powder
1	cupful butter		
2	cupfuls sugar	1	teaspoonful cloves
3	cupfuls flour	1	teaspoonful cinnamon
1	cupful jam	1	teaspoonful mace
	1	cupful wine	

Sift baking powder in flour. Beat eggs and sugar until light, add butter well creamed, then the flour, spice, jam and lastly the wine. Bake in layers. Put together with icing.

**Cream Cakes**

Make a measure of premium yellow cake, and bake in two square layers. Cut in diamonds; slice these in half and spread one-half with the cream filling and place the other half on top. Ice with chocolate icing.

**Filling**

2	eggs	1	teacupful sweet milk
2	tablespoonfuls sugar	1	teacupful whipped cream

Make a thick boiled custard with the eggs, sugar, and milk; when cold, mix into this one teacupful of very stiff whipped cream, which has been sweetened and flavored with vanilla or port wine. These should be used the same day they are filled. Almonds blanched and chopped fine, or candied fruits may be mixed with the filling if liked.

**Black Chocolate Cake**

2	teacupfuls brown sugar	1	teaspoonful cream of
$\frac{1}{2}$	teacupful butter		tartar
$\frac{1}{2}$	teacupful sweet milk	$\frac{1}{2}$	teaspoonful soda
2	teacupfuls flour	$\frac{1}{2}$	teaspoonful vanilla
	2	eggs	

Dissolve two squares of chocolate in half teacupful of boiling water and when cool, stir in before adding the milk, flour and eggs.

**ICINGS AND FILLINGS****Plain Icing**

To ice one medium sized cake, take two teacupfuls of granulated sugar, and one teacupful of water; boil until it will thread from the spoon. Have the white of an egg beaten to a stiff froth, and pour the sugar into it very slowly, beating all the time. When perfectly white, and almost cold, add a few drops of the juice of a fresh lemon, or flavor as desired. One egg to each cupful of sugar may be used if desired.

Any icing may be thinned with the unbeaten white of an egg, when too stiff.

**Chocolate Icing**

One teacupful of grated chocolate dissolved in one-half teacupful of boiling water. Then add two teacupfuls of sugar and a teaspoonful of butter. Let it boil until it threads from the spoon, then beat until cold, or stiff enough to spread between the cake.

**Chocolate or Caramel Filling**

Three cupfuls of sugar, one cupful of milk and half a cake of chocolate. Put all into a pan over boiling water, add a teaspoonful of vanilla and let cook until thick, and then beat hard until thick enough to spread on cake.

### **Chocolate Filling**

Whites of three eggs, one and a half cupfuls of sugar, one teaspoonful of vanilla, three tablespoonfuls of grated chocolate. Cook until thick.

### **Icing for Raisin Cake**

One pound of best icing sugar, the whites of two fresh eggs and the juice of one lemon.

Put the sugar in a bowl and break the whites of the eggs into it, beat thoroughly until it will fall in flakes from the whip. Add the lemon juice and beat that in well, and the icing is ready for use.

### **Almond Filling for Layer Cake**

Blanch a pound of almonds, reserve a dozen and chop the remainder fine. Beat the whites of three eggs, adding gradually a scant cup of powdered sugar. When stiff enough to stand alone, save out enough to ice the top of the cake and mix the chopped almonds with the rest. Spread this between the layers and cover the top with the reserved portion. Split in two the dozen whole almonds and arrange in a garland in the icing while soft.

### **Thin Icing**

One pound of sugar, whites of three eggs, three-fourths cupful of water. Cook sugar with the water until it drops clear from the spoon, then add to the unbeaten eggs, slowly; beat rapidly while pouring; continue to beat until cool.

### **White Caramel Filling**

Boil three teacupfuls of granulated sugar with one and a half teacupfuls of water, until it will thread from the spoon. Have whites of two eggs well beaten. Pour the syrup into the eggs slowly, beating constantly. When nearly cold, stir in one teaspoonful of butter, which has been creamed, and one of extract of pineapple. Use other extracts if preferred.

## SHORT CAKE

### Strawberry Short Cake

For the pastry: One pint of flour, sifted with one light teaspoonful of baking powder; quarter pound of lard, level teaspoonful salt, and cold water to make a moderately soft dough, mixing quickly with a spoon and working as little as possible. The lard and flour should be rubbed together until smooth before mixing. Divide the dough in two parts, roll out thin, and make in square or long pans. Remove carefully from the pans to cool.

Or, make the pastry without baking powder as follows: Sift half pound of flour with a level teaspoonful of salt; add a quarter pound of lard, cutting it in and mixing it thoroughly with a spoon, then enough ice water to make a stiff dough. Roll out thin, fold and roll again. Divide and bake in two crusts, using a square or long pan, and letting the dough come up on the sides of the pans an inch, to form a rim on the crust.

Cap, wash and sweeten to taste two quarts of ripe berries. Whip to a froth with a syllabub churn, one quart of cream sweetened with a teacupful of sugar, removing the whipped cream as it rises to a sieve over another vessel.

When ready to serve, place a crust on a flat surface and spread with half the berries; on top of this place the other crust, and spread with the rest of the berries; cut into four inch squares; place each square on a dessert or tea plate and cover the top with a large spoonful of whipped cream.

### Strawberry Short Cake

Make two pie crusts, not rolled as thin as for pies, however. Bake a light brown; sweeten a quart of berries; spread them on the crusts and stack. Make a meringue of the whites of two eggs, and add two table-spoonfuls of sugar. Place in the stove and let brown.



**Peach Short Cake**

Make just as one does strawberry short cake, using soft, clearstone peaches, peeled, chopped and sweetened an hour before using.

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**TEA CAKES, MACAROONS, COOKIES, ETC.****Good Tea Cakes**

2½ teacupfuls sugar	1 teacupful sweet milk
¾ teacupful butter	5 heaping teacupfuls flour
½ teacupful lard	7 eggs

Use nutmeg to taste. Two measures of baking powder (one heaping teaspoonful baking powder, to one quart of flour is a measure). Beat the eggs and sugar very light; add warmed butter and lard, milk and nutmeg, and pour into the flour, with which the baking powder has been sifted. Knead into a soft, smooth dough.

**Tea Cakes**

3 eggs	4 heaping pints flour
2 teacupfuls sugar	A pinch of salt
1 teacupful butter or butter and lard mixed	

One teaspoonful (level) of soda, dissolved in two tablespoonfuls of sour milk. Flavor with nutmeg. Make a soft dough.

**Chocolate Cakes With Almonds**

3 eggs (whites)	2 oz. almonds (blanched and pounded)
2 ounces grated chocolate	
1 oz. pulverized sugar	A little powdered cinnamon

Whip the whites of the eggs to a stiff froth, then stir in lightly the chocolate, the almonds, the sugar and cinnamon. Drop the mixture in small cone shaped heaps on a buttered tin or thick sheet of paper, and bake in a moderate oven.

## Old Fashioned Ginger Bread

2-3 teacupful butter	2 eggs
2-3 teacupful sugar	1 tablespoonful ginger
2-3 teacupful molasses	1 good teaspoonful soda in
2-3 teacupful sour milk	$\frac{1}{2}$ teacupful cold water
1 teacupful chopped raisins (if liked)	
3 cupfuls flour	

Stir in the soda last; a slow fire and close watching secures a good cake.

## Ginger Snaps

1 cupful sugar	1 teaspoonful of soda in
2 cupfuls molasses	$\frac{1}{2}$ cupful water
2 cupfuls butter	1 heaping tablespoonful
Flour to make stiff dough	ginger

Roll the dough, cut and bake in a quick oven.

## Soft Ginger Snaps

4 eggs (beaten separately)	1 tablespoonful ginger
4 teacupfuls flour	1 teaspoonful soda
1 teacupful butter	2 teaspoonfuls baking
1 teacupful sugar	powder
1 teacupful molasses	

Beat the eggs separately, stir soda into the molasses, or use baking powder sifted into flour.

## Almond Macaroons, No. 1

$\frac{1}{2}$ lb shelled almonds	8 tablespoonfuls pulverized
$\frac{1}{4}$ lb butter	sugar
3 eggs (whites)	1 large tablespoonful mixed
1 wineglassful rose water	mace and cinnamon

Blanch and beat the almonds the day before they are needed. Beat and sift the spice. Beat the eggs stiff; add the sugar by degrees; beat hard; add the spices, dissolved in rose water, then the almonds. If too soft, add a few more almonds. Make into small balls, flatten slightly, and bake on buttered paper, or in little crimped papers. To make these, use a round piece of white paper, four inches in diameter, and crimp the edges with a knife. Do not have the oven too hot. Place the cakes two inches apart, as they spread. Cocoanut may be substituted for almonds.

### Almond Macaroons, No. 2

- 2 eggs (whites)  $\frac{1}{2}$  lb sweet almonds (shelled)  
1 coffee cupful white sugar

Blanch the almonds, and pound them to a paste; add the sugar and the well beaten whites of eggs. Work the mixture together with the back of a spoon. Then roll with the hands into balls the size of a nutmeg; flatten slightly, dust fine sugar over the top, and lay them on a piece of writing paper at least an inch apart. Bake in a warm oven a light brown.

Chocolate may be substituted for the almonds.

### Delicious Almond Cake

- 1 lb almonds, blanched and chopped fine 6 eggs (whites)  
1 lemon (grated rind)

Mix all together until quite stiff; roll moderately thin, using as little flour as possible; cut in the shape of stars, and bake in a very slow oven.

### Delicious Cookies

- 1 cupful thick cream 1 teaspoonful soda  
1 heaping cupful sugar A little nutmeg  
 $\frac{1}{2}$  cupful melted butter Flour to make stiff dough  
1 egg

Bake quick, but do not brown them too much. Add half a cupful of caraway seed if liked.

### Savory Cakes of Olden Times

- 1 lb white sugar (powdered) 1 lb sifted flour  
1 lemon (grated rind and half the juice) 2 tablespoonfuls coriander seed  
8 eggs

Beat the eggs to a froth separately; then mix together, add powdered sugar stirred in gradually. Beat the whole ten minutes, add the grated lemon rind and half the juice, the sifted flour and the coriander seed. Drop this mixture by the large spoonful, several inches apart, on buttered baking plates, sift white sugar over them and bake immediately in a quick, hot oven. These cakes make a delicious addition to the afternoon tea table.

**Lemon Snaps**

- |     |                           |   |                           |
|-----|---------------------------|---|---------------------------|
| 2-3 | cupful butter             | 1 | coffee cup sugar          |
| ½   | teaspoonful soda in       | 1 | teaspoonful lemon flavor- |
| 1   | tablespoonful warm water  |   | ing                       |
|     | Flour enough to roll thin |   |                           |

**Crullers, No. 1**

- |   |                        |   |                          |
|---|------------------------|---|--------------------------|
| 3 | pints sifted flour     | 1 | heaping teacupful sugar  |
| 1 | scant teaspoonful salt | 1 | scant tablespoonful lard |
| 2 | teacupfuls buttermilk  | 1 | teaspoonful baking soda  |

**Crullers, No. 2**

- |    |                      |                             |                     |
|----|----------------------|-----------------------------|---------------------|
| 4  | eggs                 | Flour enough to make fairly |                     |
| 2½ | cupfuls sugar        | stiff dough                 |                     |
| 1  | cupful sweet milk    | 2                           | teaspoonfuls baking |
| 1  | tablespoonful butter | powder                      |                     |
|    | ½                    | nutmeg                      |                     |

Sift the baking powder and mix well with the flour. Use an ordinary biscuit cutter and a small tin box to cut the center. The secret is more in the frying than one would suppose. There must be plenty of good sweet lard in the pot. The lard must be smoking hot when you drop the cakes in, and kept at the same heat.

**Doughnuts**

- |   |                          |                           |                          |
|---|--------------------------|---------------------------|--------------------------|
| 3 | eggs                     | 2                         | tablespoonfuls good bak- |
| ½ | cupful sugar             |                           | ing powder               |
| ½ | cupful sweet milk        | Flour enough to make soft |                          |
| 1 | tablespoonful shortening | batter                    |                          |

Beat the eggs and sugar to a light cream; then put in the shortening, milk, baking powder and flour together. Have the lard boiling before putting in the doughnuts and keep it boiling all the time.

**Ginger Bread**

- |    |                      |   |                          |
|----|----------------------|---|--------------------------|
| 1  | tablespoonful butter | ½ | cupful molasses          |
| ½  | cupful sugar         | 1 | level teaspoonful baking |
| ¼  | cupful butter        |   | powder                   |
| 1  | egg                  | 1 | teaspoonful ginger       |
| ½  | cupful milk or cream | 1 | cupful huckleberries     |
| 1½ | cupful flour         | A | pinch of salt            |



### Chocolate Blocks

Make a croton sponge cake, bake an inch thick in square pans. Ice with chocolate over the top, and dry; then with white icing; partly dry, cut into diamonds or squares and dry thoroughly. This makes a very dainty cake.

### White Patty Pan Cakes

Use white cake recipe, baking in patty pans; when done, dip into a thin, hot icing, using a fork to hold the cakes. These are delicious.

### Small Nut Cakes

Flour thoroughly one teacupful of chopped English walnuts or mixed nuts. Make a white or yellow cake batter; stir in walnuts and bake in patty pans. Dip into hot icing, holding the cake with a fork.

### Nut Cake

6	eggs	1	lb English walnuts
½	lb butter	2	teacupfuls raisins
1	lb sugar	1	teaspoonful cinnamon
1	lb flour	1	teaspoonful allspice
1	teacupful sweet milk	1	nutmeg
	2	light teaspoonfuls	baking powder

Wine enough to cover the nuts. Bake in a deep pan. This cake may be baked in layers and put together with plain icing or caramel.

### Peach Cake

Make a good sponge cake batter; bake in four layers of medium thickness. Slice two dozen soft peaches; if there is any juice, drain on a sieve. Whip a pint of thick, sweet cream with a teacupful of sugar until stiff. Now on a layer of cake place a layer of peaches, then one of cream, and so on until the four layers are used. Ice at once with plain icing. Keep in a cool place and use the same day it is made.

**Iced Coffee Cake**

$\frac{1}{2}$ cupful butter	1 tablespoonful cream
$\frac{1}{2}$ cupful sugar	1 teaspoonful baking powder
3 eggs	
2 tablespoonfuls coffee ex-tract	$1\frac{1}{2}$ cupfuls flour
	A pinch of salt

Cream butter and sugar thoroughly together, add eggs, well beaten, coffee extract, cream, and flour sifted with baking powder and salt. Beat for a minute, and turn into a greased and floured square cake tin, and bake in a moderate oven for thirty minutes. Turn out and cool.

**Icing for Coffee Cake**

$1\frac{3}{4}$ cupfuls sugar	2 teaspoonfuls coffee ex-tract
1 tablespoonful milk	

Sift confectioners' sugar into a small saucepan, add coffee extract and milk, stir over the fire, and when it commences to get liquid pour it over the cake.

**Steamed Snowballs**

$\frac{1}{2}$ cupful butter	$\frac{1}{8}$ teaspoonful salt
1 level cupful (sugar)	$\frac{1}{2}$ cupful milk
$3\frac{1}{2}$ teaspoonfuls baking powder	1 teaspoonful orange extract
	4 eggs (whites)
$2\frac{1}{4}$ cupfuls flour	

Cream butter, add sugar gradually while stirring constantly. Sift flour, baking powder and salt together and add to first mixture alternately with milk. extract, then beat up egg whites to a stiff froth, fold them into mixture, and beat well. Fill buttered cups two-thirds full, cover with greased papers and steam steadily for thirty-five minutes. Serve hot with hot marshmallow sauce.

**Hot Marshmallow Sauce**

20 marshmallows	Flavor with sherry wine or fruit juice
1 cupful sugar	
$\frac{1}{2}$ cupful water	

Soften the marshmallows in a moderate oven but do not brown them. Put sugar and water into a small saucepan and boil until syrup spins a thread when tested in cold water, or registers 218 degrees F., by

candy thermometer. Add marshmallows and beat until mixture is smooth; then flavor to taste with sherry wine or fruit juice. Continue beating until ingredients are well blended. Keep hot in a double boiler. If sauce seems too thick add boiling water drop by drop until of the right consistency.

### Currant Cake

Make either a White or a Gold Cake batter; into this stir two teacupfuls of currants well dredged with flour. Bake in a moderate oven one hour and a half. If desired to make a change, one tablespoonful of mixed ground spices may be added.

### Currant Layer Cake

Make a White Cake batter by recipe White Cake No. 1. Into one-third of this stir one teacupful of currants, well dredged with flour. Bake in three layers, two plain and one with currants. Put together with white caramel filling.

### Banana Cake

Make according to recipe for Peach Cake, substituting bananas for peaches.

### Marshmallow Almond Cake

Make a good white cake batter; bake in a deep pan. When cold, slice in three or four layers. Have ready a plain icing, a quarter of a pound of fresh marshmallows cut in half, and half a pound of almonds blanched and pounded. On the first layer of cake, place a layer of icing, one of marshmallows and a thin one of almonds. On the bottom of the next layer, put a thin layer of icing and then put in place. Continue this until all is used. Then ice on top and sides. The top may be decorated with whole blanched almonds. Chocolate marshmallows may be substituted for the plain.

**Cherry Coffee Cake**

1	compressed yeast cake	$\frac{1}{2}$	teaspoonful salt
1	cupful milk	2	eggs
$\frac{1}{2}$	cupful butter	$1\frac{1}{2}$	cupfuls stoned cherries
1	cupful sugar	5	cupfuls flour

Scald the milk, add a tablespoonful of the sugar and the yeast cake, dissolved in two tablespoonfuls of water or milk. Stir in a cupful of flour, cover and let stand until spongy—about an hour and a half. Then cream together the butter and sugar, stir in the eggs, well beaten, and add this mixture to the sponge, along with the salt, remaining flour and the cherries very well drained. Beat thoroughly, pour into a small dripping-pan, which has been rubbed with butter, let rise until light, and bake forty-five minutes in a hot oven, 375 degrees F., reducing the heat for the last ten minutes, to dry out the loaf. This will keep moist for days and is really rich enough to act as a cake.

**Marshmallow Cake**

Make an Angel's Food Cake; bake in a deep pan. When cold, cut into three layers. Have ready a plain white icing, and a quarter of a pound of fresh marshmallows, each cut in half. Cover the first layer of cake with icing, then place a layer of marshmallows; put a thin layer of icing on the bottom of the next layer and place on the marshmallows; continue this until all is used, then ice the top and sides. Delicious.

**Sweet Wafers**

1	teacupful sugar	2	teacupfuls sifted flour
1	tablespoonful butter	1	teacupful sweet milk
		2	eggs

Mix as for cake batter. Bake in hot, lightly greased wafer irons.

**Tea Cakes**

1	teacupful butter (half lard if butter is scarce)	$1\frac{1}{2}$	teaspoonfuls baking powder
2	teacupfuls sugar		Pinch of salt
1	teacupful sweet milk		Flavor to taste
	6	teacupfuls	unsifted flour



### Bon Bon Cake

Make a Premium White Cake batter; bake in four layers. Have ready one pound of French bon-bons, in pink, green, yellow, white and chocolate, and a half pound of candied cherries. Make a plain icing and divide it into three parts. Tint one part with a tablespoonful of melted chocolate; another part tint a very delicate pink with a few drops of cochineal, or fruit coloring. Leave the third part white. Cut the bon-bons in half. On the first layer of cake put a layer of chocolate icing, then a layer of green and pink bon-bons, placing a few cherries here and there. Now, on the bottom of the next layer of cake, put a layer of white icing and place it on the bon-bons. Next a layer of pink icing and then on this one of yellow, chocolate and green bon-bons, using the cherries as before; now a layer of white icing on the bottom of the next layer of cake and that placed in position. On this, a layer of chocolate icing, then one of white, yellow and green bon-bons, and the cherries. On the bottom of the next layer the pink icing. The cake is now ready to be iced with plain icing. The top should be decorated with candied cherries at intervals.

### Marshmallow Roll

Take six eggs, three cupfuls of sugar, one cupful of cold water, two teaspoonfuls of baking powder and one-half teaspoonful lemon extract. Beat the eggs separately. Mix the flour and baking powder, add the yolks, sugar and flavoring. Beat in the whites last. Spread in a shallow pan so it will be about one inch deep, when baked. Bake in a slow oven. When done cover with marshmallow mixture and roll. The marshmallows, half a pound, should be dissolved in half a cupful of water, by steaming in a double boiler. Mix into the melted marshmallows, before spreading on the cake, half a cupful of English walnuts chopped fine.

**Ginger Wafers**

- |   |                        |           |                           |
|---|------------------------|-----------|---------------------------|
| 1 | teacupful butter       | 4         | teacupfuls sifted flour   |
| 2 | teacupfuls brown sugar | 1         | teaspoonful ground ginger |
|   | 1                      | teacupful | sweet milk                |

Warm the butter and sugar slightly and cream together; then add the milk, ginger and flour. The mixture makes a paste like thick cream. Spread a thin coating of butter on the baking pans, let it get quite cold, then spread on it the paste no thicker than a visiting card. Bake in a moderate oven, and when done cut immediately into squares of four or five inches. A thimble will serve to cut a hole in the corner of each wafer, through which a narrow ribbon is run, tying together a dozen or so of these dainties.

**Peanut Cookies**

- |   |                        |              |                                  |
|---|------------------------|--------------|----------------------------------|
| 1 | cupful sugar           | 1            | teaspoonful soda                 |
| ½ | cupful butter          | 2            | cupfuls flour                    |
| 2 | eggs                   | 1            | qt. peanuts (shelled and ground) |
| 4 | tablespoonfuls of milk |              |                                  |
|   | 2                      | teaspoonfuls | cream tartar                     |

Mix and drop from spoon into tin.

**Crullers**

- |   |                            |    |                      |
|---|----------------------------|----|----------------------|
| 2 | cupfuls rich cream         | ½  | teaspoonful salt     |
| 2 | cupfuls sugar              | ½  | grated nutmeg        |
| 3 | teaspoonfuls baking powder | 3½ | teaspoonfuls vanilla |
|   |                            | 5  | eggs                 |

Use flour enough to roll as soft as you can handle it. Fry in boiling lard, and when slightly warm roll in powdered sugar.

**Oatmeal Cookies**

- |    |                      |   |                                 |
|----|----------------------|---|---------------------------------|
| 1  | tablespoonful butter | 1 | level teaspoonful baking powder |
| ½  | cupful sugar         | ½ | teaspoonful salt                |
| 1  | egg                  |   | Flavor with vanilla             |
| 1½ | cupfuls oatmeal      |   |                                 |

## DESSERTS

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### ICE CREAMS AND SHERBETS

#### Watermelon Ice

Take the heart of a large, sweet, ripe melon, put into a chopping tray and chop rather fine, then add to it one teacupful of powdered sugar and turn into the freezer. Pack the latter, turn the crank five minutes until the melon is icy cold and in the condition of soft snow. Serve in glasses.

#### Strawberry Ice

Pulp and strain one quart of ripe strawberries. Take one pound of sugar and dissolve in a little water and boil until it will spin a thread from the spoon. Add to the strawberry juice and freeze. When frozen, line a half gallon mould, half inch thick with the frozen cream and fill center of mould with a Charlotte Russe, or any desired filling. Cover the mould with white paper, press top on carefully, and tie a buttered strip of cloth around, to keep salt water from penetrating, and then cover with salt and ice for several hours, putting more salt than for ordinary freezing. Decorate the dish with green strawberry leaves and fresh berries with stems attached. A beautiful dish.

#### Bavarian Ice Cream

One quart of buttermilk, 1 pint of cream. Mix, flavor, sweeten to taste and freeze.

#### Vanilla Cream

To two quarts of cream add a third of a box of gelatine, dissolved, one quart of fresh milk, three teacupfuls of white sugar, tablespoonful of vanilla, and if liked half a cupful of sherry wine.

### **Bisque Cream**

Dissolve a third of a box of gelatine in two quarts of fresh, rich sweet milk, three cupfuls of white sugar, and one quart of heavy cream, half cupful of sherry wine, tablespoonful each lemon and vanilla extract. Put in the freezer and when nearly hard, add two dozen almond macaroons, broken in small pieces, and a quarter of a pound of candy mashed fine.

### **Pineapple Ice Cream**

Grate one medium sized pineapple, and boil five minutes with one cupful of white sugar. Set aside to cool. Pour into a packed freezer two quarts of cream and one quart of fresh sweet milk that has had two and a half cupfuls of white sugar dissolved in it. Freeze until nearly hard, and then add the pineapple, that has been prepared. Freeze until hard. Serve with whipped cream, flavored with lemon.

### **Ice Cream for Invalids**

One cup of cream, heated; one well beaten egg, one heaping teaspoonful of sugar. Stir the egg and sugar together into the hot cream. When cold, freeze hard.

### **Banana Ice Cream**

One quart of fresh sweet cream and six bananas. Sweeten and flavor the milk and cream, using one teaspoonful of vanilla. Mash the bananas with one teacupful of sugar; stir all together and freeze at once.

### **Ice Cream, No. 1**

Two quarts of fresh milk, one quart of sweet cream—if cream is not plentiful, use a pint instead of a quart—and make it up with milk. Soak two tablespoonfuls of gelatine in a little cold water half an hour; then dissolve in a teacupful of boiling water; when cool, stir into the cream. Sweeten to taste and flavor with vanilla. Freeze until hard. This is delicious.



### **Ice Cream, No. 2**

Have a bottle of liquid rennet. To two quarts of fresh sweet milk, sweetened and flavored to taste, put two tablespoonfuls of rennet. Now put this in the freezer, and as soon as it is cold, add one quart of flavored cream—whipped—and freeze. If liked, add one pound of almonds, one pound of English walnuts, beaten or chopped fine.

### **Ice Cream, No. 3**

Whip one quart of sweet, thick cream with one teacupful of sugar. Flavor with half a teaspoonful each of lemon and vanilla. Freeze; serve with fresh strawberries, pineapple or soft peaches.

### **Buttermilk Ice Cream**

Equal quantities of fresh buttermilk (which has had no water added to it in churning) and sweet milk, sweetened to taste and flavored with vanilla. Freeze until hard.

### **Condensed Milk Ice Cream**

One can of condensed milk, thinned to proper consistency with sweet cream. Sweeten and flavor to taste. Just after it begins to freeze, add one quart of fresh, crushed strawberries.

### **Sherbet**

Mix the juice of six lemons with two teacupfuls of sugar, and let stand half an hour. Stir into this three pints of water and one can of pineapple. Freeze hard.

### **Tutti Frutti**

One quart of rich cream, sweetened to taste, and flavored with a teaspoonful of vanilla. Put into the freezer; let it begin to freeze, then add one pint of almonds, citron and candied fruits, chopped fine; one quarter of a teacupful of orange juice (or in summer, juice of one lemon). Freeze and put away to harden.

### **Milk Sherbet**

One gallon of sweet milk, one can of grated pineapple. Boil the milk and sweeten to taste; flavor with vanilla. Add the pineapple just after the milk begins to freeze. Any other fruit may be used instead of pineapple and for those who like the flavor, the juice of two lemons (sweetened) added with the pineapple makes a change.

### **Chocolate Moss**

One quart of cream, well beaten (sweetened and flavored). Melt a quarter of a cake of sweet chocolate; stir into this the syllabub, and freeze (without stirring) packing away and freezing silently. Turn out of the mould, slice and serve immediately.

### **Frozen Strawberries**

Stem a quart of ripe strawberries; add a pound of sugar, let stand one hour; mash, pour over a quart of ice water, stir until well mixed, turn into a freezer and freeze.

### **Frozen Peaches**

Pare, stone and cut into slices, nice freestone peaches. Add sugar, as in serving for dessert, only use twice as much. Put into an ice cream freezer and when nearly frozen, add a quart of sweet milk and freeze.

### **Strawberry Bavarian Cream**

Cover half a box of gelatine with a teacupful of cold water, and let soak for twenty minutes. Mash a quart of ripe strawberries and press through a sieve; add a cupful of sugar to the juice. Stir the gelatine over boiling water until dissolved, strain it into the strawberry juice, set on ice, and stir until it thickens; add a pint of whipped cream; mix gently. Pour in a mould and set in a cool place to harden.

### Cream de Menthe Sherbet

Make lemon sherbet. Serve each glass with one tablespoonful of creame de menthe.

### Cafe Parfait, No. 1

To each quart of vanilla ice cream, add one teacupful of strong coffee. Freeze, and serve with whipped cream.

### Cafe Parfait, No. 2

Beat yolks of nine eggs, three cupfuls of milk and twelve tablespoonfuls of powdered sugar. Cook until thick, and add one cupful of strong coffee. Beat in a pint of cream, whipped, and pack in ice for several hours. Serve with cream (whipped) and a maraschino cherry.

### Pineapple Mousse

1 can pineapple	2 eggs (yolks)
$\frac{3}{4}$ cupful sugar	1 pt. cream (whipped stiff)

Strain juice from the pineapple, pour over the sugar and bring to a boil. Pour this syrup over the beaten yolks and return to a double boiler and cook until it will coat the spoon. Let get cold. Then mix with the pineapple and whipped cream. Pour into a freezer or mold and pack in ice and salt for three or four hours.

All mousses should be turned during the freezing to prevent a syrup forming at the bottom. The turning allows the syrup to drip and mix with the cream.

### Maple Mousse

1 pt. cream	1 cupful maple syrup
4 eggs (yolks)	

Put the syrup in a sauce pan; stir in well beaten yolks until the eggs thicken the mixture. Take from the fire and stand the pan in ice water; beat with egg beater until light and cold, then mix with whipped cream, put in mold or paper cases and pack in ice.

**Angel Parfait**

1	cupful sugar	1	qt. cream, whipped stiff
1/2	cupful water		Flavor with fruit or vanilla
		4	eggs (whites)

Boil sugar and water until it spins a thread. Pour over the beaten whites and beat until cold; add the whipped cream and flavoring; pack in ice and salt same as a mousse for about four hours. If fruit is added, crush and sweeten and add when ready to pack in ice.

**Mousse**

One quart of heavy cream sweetened with one teacupful of sugar, and flavored with half teaspoonful of vanilla and two tablespoonfuls of Madeira wine. Whip until very stiff. Whites of two eggs beaten very stiff, and whipped into the cream. Pour in square or fancy moulds and pack in ice and salt. Let stand three hours. Slice and serve, garnished with maiden hair fern and any delicately colored flower. The mousse may be tinted with any of the fruit colorings.

**Orange Water Ice**

Juice of four lemons, juice of twelve oranges, four teacupfuls of sugar, two-thirds of a gallon of cold water, and one pint of boiling water, poured over pulp and skins, and allowed to stand until cold, when it is strained into the balance of the mixture. Stir together and freeze rapidly.

**Peach Cream, No. 1**

To two quarts of cream and one of fresh sweet milk, add three cupfuls of sugar; place this in a packed freezer, and when nearly hard pour in one quart of soft peaches, which have been thoroughly mashed and sweetened with one teacupful of sugar. The peaches must be peeled and mashed very fine, mash through a vegetable masher if convenient. Freeze until very hard.



### Peach Cream, No. 2

Whip one pint of sweetened cream to a stiff froth, laying on a sieve. Pare a dozen and a half fine, soft peaches and mash fine. (Sweeten a little if very acid.) Take half a box of gelatin which has been soaked an hour in a cupful of water in a warm place near the stove, and add the cream. Stir it thoroughly to make it smooth, and when it is about to harden add the peaches, stirring lightly in, until it is well mixed, then put into a mould and set on ice, or in some cool place. A pretty garnish is to arrange halves or quarters of fresh peaches around it.

### Strawberry Parfait

Whip a quart of cream to a froth; add half a pint of strawberry juice and a cupful of sugar; turn carefully into an ice cream mould, press the lid down tightly, pack in salt and ice and let freeze three hours.

### Peach Sherbet

Twelve large, or eighteen medium sized clearseed peaches, thoroughly ripe, two lemons, four teacupfuls of sugar, one tablespoonful of gelatine, pinch of salt, two pints of cold water, twenty pounds of ice, and one pinch of ice cream salt.

Put the gelatin to soak in cold water to cover. Peel and seed the peaches and mash through a vegetable masher; stir into them the sugar; squeeze the juice of the lemon into this, and add the water, and the pinch of salt. Melt the gelatin with a little boiling water and strain it in. Crush the ice, mix with the ice cream salt, and pack the freezer. Now turn in the sherbet and turn slowly. When it begins to freeze turn rapidly, keeping this up until the mixture is a light, fluffy mass. If this is properly done the sherbet is like frappe—not compact like ordinary sherbet.

## PUNCHES

### Orange Punch, Frozen

Fourteen even sized oranges, three lemons, one ripe pineapple, or can of sliced pineapple, half pound of Tokay or Malaga grapes, four teacupfuls of sugar, one quart of boiling water, and one of cold water. One pint bottle of Maraschino cherries, one pint of heavy cream, a pinch of salt, one pint of fresh sweet milk, twenty pounds of ice, and two pounds of ice cream salt.

Carefully peel and slice the pineapple, then cut it into dice, being careful to save the juice; put this in the refrigerator until ready for use. Wash twelve oranges, then with a small sharp knife, cut them in half, and cut the meat from the skins very carefully, as the skins are to be used to serve the punch in, and the two pieces which belong together must be kept together. The easiest way to remove the meat is to slip the knife around the edge of the fruit, then with a sharp edged teaspoon cut it out at the center. When this has been done, wrap the skins in a towel and put them in the refrigerator. Cut the orange meat into very small pieces with scissors, rejecting the seed and any tough part. Wash and squeeze the lemons and the two oranges; put the skins in a small bowl and pour over them the quart of boiling water. Let stand half an hour. Peel, and cut in half the grapes, removing the seed. Strain the juice from the cherries into a cup and cut the cherries into halves.

Into a large earthenware bowl, strain the water from the lemon skins, etc. Add three and a half teacupfuls of sugar and the quart of cold water. Drain into it the juice from the orange meat, the pineapple, the grapes and all of that from the cherries.

Have the ice crushed and mixed with the salt, and this packed around the freezer. Turn the punch into the freezer; when it begins to freeze, turn into it the orange meat, the pineapple, the grapes and the cherries.

Freeze until hard. This may be made several hours before ready to use. Just before serving turn the cream and sweet milk, which have been kept in the refrigerator, into an earthenware gallon bowl, which has been rinsed with cold water. Stir into the cream the remaining half teacupful of sugar, and the pinch of salt, and whip to a stiff froth with a syllabub churn, removing the cream to another vessel as it rises.

To serve the punch: Have a bread and butter plate set in a breakfast size plate. Fill the cavity in one orange skin with the punch and place it on the bread and butter plate just as though it were an orange nearly cut in half. Where it has apparently fallen apart, showing what seems to be the meat of a fresh orange, put in a heaping teaspoonful of whipped cream. On one side of the breakfast plate place a small iced heart-shaped cake—angel food preferably—and on the other side a graceful spray of long stemmed violets, with five or six green leaves, slipping a small afternoon teaspoon just under the edge of the violets.

### Fruit Punch

For one hundred persons: Two dozen oranges, two dozen lemons, two fresh, ripe pineapples, or two cans of grated pineapple, four pounds of Tokay grapes, two quart bottles of Maraschino cherries, or the same of sugared cherries, two teaspoonfuls of lemon extract, half teaspoonful of vanilla, one gallon of boiling water, two gallons of cold water, fifty pounds of ice, six quarts of Appolinaris water, and eight or ten pounds of granulated sugar.

Wash the fresh fruit carefully. Roll and cut the oranges and the lemons in half, halve the grapes and remove the seed, squeeze the juice from the oranges and lemons, placing the skins in a large earthenware bowl; when the juice has been all extracted, pour the boiling water over the skins, and set aside until cold. Peel the pineapples and break the meat apart



with a fork; if canned pineapple be used have the cans opened and ready. With a vegetable masher squeeze the juice from the grapes and pineapples, rejecting the meat when the juice is thoroughly extracted. Pour this juice with that of the oranges and lemons; strain into this the water which has been standing on the fruit skins. Stir in the sugar and add one gallon of the cold water and as much of the other gallon allowed as the acidity of the fruit will warrant. Drain the juice from the berries and stir it in the punch; measure the extract and stir in. Have twenty pounds of ice washed and broken and add to the mixture.

Place the punch bowl (which may be of china, cut-glass, or pressed glass) on a medium-sized table in an alcove in the hall or library, having a pretty Battenburg or hemstitched linen square under the bowl and two dozen small punch cups of plain glass arranged around it. Have ready a punch (or soup) ladle with which to serve the punch. Have cut a square of ice which will fit down nicely in the punch bowl. Just before the guests begin to arrive place the square of ice in the bowl, and send in in a pitcher enough punch to fill the bowl, adding to it just as it goes in, two bottles of Appolinaris water and a teacupful of cherries. The punch must be replenished as often as necessary in this way. The table should be placed near a door by which a servant may enter to attend to this. It is customary to have friends of the person entertaining to assist in serving punch; but a servant should be delegated to attend especially to replenishing the bowl and any other needs that may arise. If desired, on a tabouret just behind the punch table, may be placed a vessel in which to rinse the cups, the water being changed when necessary. The pitcher used in replenishing should be of silver, glass or pretty china.



## CHARLOTTES

### Fruit Charlotte

Peel and remove the eyes from a small, thoroughly ripe pineapple, and break them apart in small pieces, using a fork for the purpose. Peel and remove the seed from eight finely flavored, ripe, clearseed peaches; breaking the meat of these apart with a fork also. Sift over the fruit a half teacupful of powdered sugar. Make a white charlotte, using one pint of cream, and turn into a mould. Just as it congeals drop the fruit in evenly, pushing it down in place as more is added. Smooth over the top, put on the cover and pack in ice and salt. It will be ready for use in two hours. Serve with very cold whipped cream, sweetened, but not flavored, and place a few Marašchino cherries on top. The charlotte may be packed in a freezer if a regular mould is not convenient.

### Charlotte Russe, No. 1

One quart of rich cream, not quite three-fourths pound of sugar, half package of gelatin, four eggs. Whip the cream to a stiff froth; add the whites of eggs well beaten. Pour over the gelatin a cupful of cold water, place on the stove and let dissolve, stirring all the time; when dissolved, stir in it yolks and sugar (already well beaten), flavor with vanilla, mix cream and whites quickly, and pour into moulds. If liked, add a wine glass of wine to the yolks and sugar. This is really congealed eggnog.

### Charlotte Russe, No. 2

Whip three quarts of cream to a stiff froth. Soak two ounces of gelatin in enough cold water to cover it, for one hour; then dissolve in boiling milk, about one and a half pints. Beat twelve eggs separately, add two cupfuls of sugar to yolks and two to the cream. Mix beaten yolks and sugar to the boiling milk and gelatine; stir until it begins to congeal, then add beaten cream and a half pint of wine.

### White Charlotte

One quart of heavy cream, one quart of sweet milk, whites of eight eggs, two teacupfuls of sugar, one-half ounce of gelatin, one-half teacupful of sherry wine, and a teaspoonful each of vanilla and lemon.

Soak the gelatin in half teacupful of cold water half an hour, then set the vessel containing the gelatin on the cap of the stove or range, and when it is thoroughly dissolved, set aside to cool.

Add the wine, extract and one cupful of sugar to the milk and cream, and churn as for syllabub, removing the whipped cream to another vessel as it rises. Beat the whites of the egg to a stiff froth and add to them the other cupful of sugar. When the gelatin is nearly congealed mix the eggs and whipped cream, then add the gelatin; whip just enough to mix, pour in moulds and keep in a cool place until ready to serve.

### White Charlotte Russe

One pint of sweet cream, and one pint of sweet milk. Put these together, and whip to a froth. Meanwhile, dissolve one-third of a box of gelatine in a teacupful of cold water, letting it stand half an hour; then putting it on the stove to melt. Beat the whites of four eggs to a stiff froth; sweeten, and flavor the cream to taste. Stir in the gelatine; beat until it begins to thicken, or congeal, then whip in the whites of the eggs. Turn into a mould. Serve plain or with custard sauce. Grapes, pineapples, oranges or bananas may be put in just before the charlotte congeals.

### White Charlotte

To half a box of gelatine, add one cupful of cold water; let stand an hour or more, then put on the fire to dissolve. Take one pint of cold cream, sweeten to taste and flavor with vanilla; whip till perfectly thick; to this add the gelatine, a little more than milk warm; mix thoroughly; lastly, add the well beaten whites of four eggs. Then pour in dishes to congeal.

**Almond Charlotte**

Make a charlotte as above, and just as it begins to congeal, stir in one pint of blanched and pounded almonds.

**Strawberry Charlotte**

1	cupful boiling water	1	lemon (juice)
4	tablespoonfuls cornstarch	3	eggs (whites)
½	cupful sugar	1-3	cupful cold water

Beat the whites of the eggs stiff, add sugar gradually as if making meringue. Dissolve cornstarch in cold water; add the boiling water and cook one minute or until clear. Pour the boiling cornstarch water over the beaten whites. Add lemon juice. Put into individual or in one large mold; set aside to get cold and firm. Take out of mold and serve with strawberry sauce or plain crushed berries, sweetening the berries.

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**PUDDINGS****Nesselrode Pudding**

Remove the shells from two dozen chestnuts; put in a saucepan with a little water; then peel off the skins and put chestnuts in a sauce pan on the fire, with one pint of water and one pound of sugar. Boil until very soft, then press through a sieve; then put in a sauce pan with one pint of cream; in this mix the yolks of four eggs. Put this through a sieve, and add one ounce of stoned raisins, one ounce of currants, one teacupful of sherry wine, and boil. When cold, freeze. When frozen cut four candied apricots, four candied greengages, one-half ounce of citron cut into small pieces; three ounces of candied cherries. Mix them thoroughly with the pudding, which is put into a mould, a thick piece of paper on top, and cover securely shut down upon it. Put some cracked ice, mixed with two handfuls of salt into a bowl, in the middle of which put the mould, covering it entirely with salt. Let it remain two hours; then turn out of mould, first dipping in warm water.



### **Chocolate Pudding**

Three eggs, two tablespoonfuls cornstarch, one teacupful sugar, two tablespoonfuls sherry, four tablespoonfuls grated chocolate, one-half pint of milk.

Beat yolks of eggs with the sugar, and corn starch, add the melted chocolate, cherry, then the whites stiffly beaten. Add the milk. Boil until it thickens, pour into moulds and serve with whipped cream.

### **Queen of Trifles Pudding**

Make a boiled custard, using five eggs beaten stiff with one cupful of sugar and one quart of fresh sweet milk. Put milk in a double boiler and when it begins to boil add the beaten eggs and sugar and stir until it begins to thicken, then let it cool. While the custard is cooling, separate half pound of lady fingers, and line a pudding dish or glass dish, then break into it half pound of almond macaroons; add one cupful of dried figs chopped, one-quarter pound of crystallized cherries chopped fine, one cupful of blanched almonds chopped fine, putting it in layers; then pour over this one cupful of sherry wine. When the custard is nearly cold, flavor with vanilla. Pour over and put in a cold place. Just before serving, flavor and sweeten one pint of cream, whip and put over the top of the pudding.

### **Plain Pudding With Wine Sauce**

Eight heaping tablespoonfuls of flour sifted with one teaspoonful of baking powder, and one of salt. Mix with water to make a stiff batter, and add one cupful of seeded raisins. Turn into a mould and steam one hour.

Sauce: Cream thoroughly one cupful of butter, then add while beating two teacupfuls of sugar; grate in one small nutmeg, and stir in one tablespoonful of sifted flour, and half a teacupful of wine. Just before serving add half a teacupful of boiling water, set sauce on range and let come to a boil.



### Plum Pudding

Two tumblers of sifted bread crumbs, one of flour, one-half pound of stoned raisins, same of currants, picked and dried; a large piece of citron, cut in small strips, half a pound of beef suet (butter will do, using less); ten eggs and spice to taste. Beat the eggs well with one tumbler of hot milk; add this, when it has cooled, to the eggs, sugar and flour. Mix it all well; have the fruit well floured, or it will all sink to the bottom. The pudding requires six hours of constant boiling. After putting it in the bag, lay it in a pot of boiling water and turn several times, suspending it. Some persons boil without suspending, putting a plate at the bottom of the pot, to prevent the bag scorching. It requires frequent turning when thus boiled. Serve with a rich sauce.

### Sweet Potato Pudding

Three cupfuls of grated potatoes, five eggs, one and a half cupfuls of sugar, two of sweet milk, and one of syrup or molasses, one tablespoonful of butter, and a half teaspoonful of mixed ground spices—mace, cinnamon and allspice. If no syrup is used, then two cupfuls of sugar must be used. When the custard first boils up, while it is baking, stir well. Bake three-quarters of an hour.

### Chocolate Nut Pudding

2	eggs (beaten separately)	2	squares chocolate
1	cupful sugar	1	lump butter
½	cupful flour	1	cupful of nuts
½	teaspoonful baking powder	A	pinch of salt

Pour in a large tin and bake in hot oven fifteen minutes.

### Southern Plum Pudding

Two hours steady boiling is enough to cook this to perfection, although it will not hurt by being kept longer over the fire. The size given is for a company of twenty persons, and if any is left, it is always better

the second day, sliced and stewed in sauce. Seed enough raisins to fill a quart measure heaping full; prepare one pint of dried currants, a half pint of preserved citron cut into small pieces, and a pint of peeled apples chopped fine; add a pound of butter, creamed, or the same quantity of fresh beef suet nicely shredded and a heaping quart of stale lightbread crumbs. If it is more convenient to measure than to weigh, one pint of butter or suet is the right quantity. Beat up light and separately the whites and yolks of eight eggs; mix them in a large bowl or tray, with one teaspoonful of salt, without which ingredient the best made plum pudding will be insipid. Add a half pint cup of sugar and one nutmeg grated very fine. Have ready a light quart of sifted flour; with some of it flour your fruit thoroughly. Proceed to mix as follows: Have your well beaten eggs ready in the proper receptacle; add to them a pint of milk, then stir in the floured fruit, creamed butter and bread crumbs, lastly putting in just enough sifted flour to make the mass stick together in a lump. This will probably consume about the quart provided. Next dip your pudding cloth of stoutest muslin or jeans in boiling hot water and dredge over the inside a thick coating of flour. Put your pudding into it, tie up tightly, but at the same time leave room for it to swell. Have plenty of boiling water in a roomy pot, which must be filled up again with the same if it boils away too much. By inverting a plate at the bottom of your pot you will be sure that the pudding can not stick to the bottom and burn, and if you have a strong cloth tied with trusty twine, water can not get in—the two worst mishaps that can befall the experienced cook.

### Cottage Pudding

2	teacupfuls sifted flour	1	rounding tablespoonful
1	teacupful sugar		butter or lard
2	eggs	1	heaping teaspoonful
½	cupful of sweet milk		baking powder

Mix sugar and lard or butter until light; beat in the eggs one at a time, then add the milk, flour and baking powder. Bake in a pudding dish or pan and serve hot with a sauce.

### Sauce for Cottage Pudding

- |   |              |               |                      |
|---|--------------|---------------|----------------------|
| 1 | cupful sugar | $\frac{1}{2}$ | teaspoonful of flour |
| 1 | cupful water | 1             | lemon (peel)         |

Boil the sugar and water with lemon peel and add flour mixed with cold water. Let it come to a boil. Serve over the slices of pudding.

### Nut Pudding

- |    |                      |   |                           |
|----|----------------------|---|---------------------------|
| 6  | eggs                 | 1 | teaspoonful vanilla       |
| 1½ | cupfuls sugar        | 1 | tablespoonful flour       |
| 3  | cupfuls chopped nuts | 1 | teaspoonful baking powder |

Beat eggs separately. Add sugar to yolks. Add nuts to beaten whites. Mix lightly and add baking powder and flour together. Bake quickly in large cake tins. Put together with whipped cream.

### Plum Pudding

Four eggs, two teacupfuls of sugar, three and a half teacupfuls of flour, one cupful of butter, one cupful of milk, one pound of raisins, one of currants, two tablespoonfuls of cloves and allspice, and two teaspoonfuls of baking powder. Beat the yolks of eggs and one cupful of sugar until light; cream the other sugar and the butter together and mix, adding the milk and flour; lastly the beaten whites and baking powder. When well mixed, add the fruit and spices; boil four hours in a double boiler, and serve with "Hard Sauce."

### Fig Pudding

Dissolve one-half box of gelatin in cold water. Ten minutes later, add one-half pint of boiling water. Chop one pound of figs fine and boil soft with three-quarters pound of sugar and three-quarters cupful of cold water. Take off fire and add gelatin. When it begins to thicken put in one-half pound of cherries cut in pieces, and one pound English walnuts, blanched and chopped fine. Mould. Serve with whipped cream.



**Chocolate Nut Pudding**

2	eggs (beaten)	$\frac{1}{2}$	teaspoonful baking powder
1	cupful sugar	2	squares chocolate
$\frac{1}{2}$	cupful flour	1	lump of melted butter
A	pinch of salt	1	cup broken nuts

Mix the nuts with the batter. Pour in large tin and bake in hot oven fifteen minutes.

**Delmonico Pudding**

Three tablespoonfuls of corn starch, the yolks of five eggs, six tablespoonfuls of sugar. Beat the eggs light; then add the sugar and beat again until very light. Mix the corn starch with a little cold milk; mix all together and stir into one quart of sweet milk just as it is about to boil, having added a little salt. Stir until it thickens well, pour into a pudding dish and place in the oven; let it remain until it will bear icing. Placing over the top a layer of canned peaches, or other fruit (it improves to mix the syrup of the fruit with the custard part); beat the whites of the eggs to a stiff froth, with two tablespoonfuls of sugar to each egg. Spread this on the custard, put into the oven and let it brown evenly. This is a very delicate pudding.

**Kiss Pudding**

Boil one quart of sweet milk and water, mixed; beat the yolks of four eggs light, with a cupful of sugar. Stir in four tablespoonfuls of corn starch and a pinch of salt. Stir this into the boiling milk. Place in the oven and bake until firm; then spread with jelly or fruit, and on top of the jelly add a meringue of the whites of eggs beaten to a froth, and three tablespoonfuls of sugar. Set in oven to brown.

**Pudding**

One cupful of sweet milk, one pint of flour, one egg, one cupful of sugar, two teaspoonfuls of butter, two teaspoonfuls of baking powder. Bake quickly and serve hot with sauce.



### Rice Pudding

Beat three eggs separately; add a teacupful of sugar to the yolks; then stir in a teacupful of boiled rice, then a pint of sweet milk. Flavor with vanilla and nutmeg to taste. Stir in the whites, drop in evenly a teacupful of stoned and floured raisins, and bake twenty or thirty minutes. If preferred, the whites may be used for a meringue.

### Queen of Puddings

Boil together three teacupfuls of sweet milk; pour this over a coffee-cupful of bread or oyster cracker crumbs; beat together a teacupful of sugar and yolks of three eggs, then stir into the milk and bread. Bake in an earthen dish, until firm and lightly browned; then spread with apple jelly and a meringue of the whites of eggs beaten to a stiff froth, adding a tablespoonful of sugar for each egg.

### Buttermilk Pudding

Seven eggs beaten separately; one quart of buttermilk, one pint of flour, a teaspoonful of salt, a teaspoonful of soda dissolved in a little warm water. Mix the flour with the yellow of the eggs, then stir in the buttermilk, a little at a time, until all is in. Then add the whites beaten to a very stiff froth; then add the salt and soda last. Bake in a very quick oven. If the oven is right, and the ingredients are well prepared, the pudding should cook in ten minutes. This is delicious.

Sauce: Two cupfuls of sugar, half a cupful of butter, and a cupful of water, and let it boil five minutes; then flavor with a teaspoonful of vanilla.

### Cocoanut Pudding

Seven eggs, beat yolks and two cupfuls of sugar well; add two tablespoonfuls melted butter and one grated cocoanut, and lastly, the whites beaten to a stiff froth.

**Feather Pudding**

Half teacupful of butter, two teacupfuls of sugar, three teacupfuls of flour, one teacupful of sweet milk, three eggs, two teaspoonfuls of yeast powder.

**Poor Man's Pudding**

Three eggs, one cupful of sugar, one of flour, one teaspoonful of soda and two of cream of tartar. Bake in thin pans.

Sauce: One teacupful of sugar, a small lump of butter stirred well together with the sugar, and two tablespoonfuls of boiling water, nutmeg to taste.

**Boston Pudding**

Four eggs, two cupfuls of sugar, three of flour, two teaspoonfuls of cream of tartar and one of soda. Mix the soda in half a cupful of sweet or sour milk, sift the cream of tartar in the flour.

Serve with old-fashioned "pap-sauce." One cupful of boiling water, stir in two tablespoonfuls of sifted flour. Let it cook about ten minutes, then add one-half cupful of butter and two cupfuls of sugar, and one cupful of wine; flavor.

**Cocoanut Pudding**

Six eggs, beaten separately; add one pound of sugar to the yolks, a quarter of a pound of butter, one cupful of sweet milk, or cream, one grated cocoanut; grate in two crackers to add firmness; lastly add the whites of the eggs beaten to a stiff froth. Grease an earthen baking dish, pour in and bake. This may be eaten with a crust, but is better without.

**Sunderland Pudding**

Six eggs, three tablespoonfuls of sifted flour, one pint of sweet milk and a pinch of salt. Beat the yolks well; mix them smoothly with the flour, then add the milk; lastly, whip the whites to a stiff froth, beat them in and bake immediately. Eat with liquid sauce, flavored with vanilla.

### **Chocolate Pudding**

Boil one quart of milk, add a tablespoonful of butter, one of sugar, and three ounces of grated chocolate. When cool, add the yolks of four eggs. Pour in a pudding dish lined with stale cake. Bake, cover with meringue, and brown.

### **Angels' Pudding**

Two ounces of flour, two ounces of sugar, two of butter, a pint of cream and the whites of three eggs. Bake in patty-pans, and serve without sauce.

### **Corn Starch Pudding**

Into one pint of boiling water stir three tablespoonfuls of corn starch dissolved in a little water. Add a pinch of salt, sugar to taste, and the whites of three eggs beaten to a stiff froth. Season with lemon. Serve with custard made of the yolks of the eggs.

### **Date Pudding**

Soften and stone one pound of dates. Proceed as for prune pudding. Eat hot, with vanilla cream sauce, or rich cream and sugar.

### **Cherry and Tapioca Pudding**

Soak one cupful of tapioca over night in cold water. Place on the fire with one pint of boiling water. Stone one and one-half pounds of nice cherries; stir them into the boiling tapioca, and sweeten to taste. Pour into a dish and stand away to cool. Serve very cold with sugar and cream. Raisins or plums may be substituted for cherries.

### **Almond Pudding**

Make a sponge cake, bake in a long pan, have the cake about two inches thick. Blanch a pound of almonds, and pound them in rose-water, mix with four grated crackers, six eggs, a half pound of butter, a pound of sugar, and a wine-glassful of grape jelly. Pour on the cake, set in the oven twenty minutes, cover with meringue flavored with extract of almond.



### **Lemon Pudding**

Squeeze the juice of four large lemons into a cupful and a half of sugar. Beat them thoroughly together, stir in the whites of eight eggs which have been beaten to a stiff froth, and bake the mixture in a pudding dish in a moderate oven. (The secret of success lies in keeping the heat moderate.) When the top begins to stiffen stir the pudding and repeat this several times during the process of baking. Serve with cream.

### **Citron Pudding**

Beat the yolks of ten eggs with a pound of sugar and a half pound of butter. Cut a pound of citron in pieces, stir in. Line a pudding dish with stale cake. Pour in the mixture and bake. Eat with sauce.

### **Prune Pudding**

Let three-quarters of a pound of French prunes stand in scalding water to cover, till soft; drain, stone, spread on plate to cool, then roll in flour. Sift one-half teacupful of flour with one-half teaspoonful of baking powder, add by teaspoonfuls, one-half cupful of cold water. Stir until smooth. Beat three eggs to a froth, add one pint of sweet milk, stir this into the batter, beat two minutes, add prunes, one at a time, stirring steadily; pour into a buttered baking dish, place in steamer over a kettle full of boiling water, steam one and a half hours. Do not use more flour than given. Do not allow water to stop boiling, nor lift the cover to peep. Serve hot with vanilla cream sauce, or with rich cream and sugar.

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## **PIES**

### **Plain Pie Crust**

One and a half pints of sifted flour, one teacupful of lard, level teaspoonful of salt and one heaping teaspoonful of baking powder, sifted in the flour. Rub the shortening thoroughly into the flour. Make a stiff dough with cold water. Handle just as little as possible. This will make four crusts.



**Chopped Pastry**

1	teaspoonful baking powder	1	cupful butter
2	cupfuls flour	1	egg
1	tablespoonful sugar	5	tablespoonfuls cold water
$\frac{1}{4}$	teaspoonful salt		Juice of half a lemon

Sift the flour, baking powder, sugar and salt together into a basin, add butter, and chop it into flour mixture until well blended. Beat up eggs, add strained lemon juice and water, and gradually mix into dry ingredients, chopping, not stirring, all the time. Roll out to a long, even strip, fold in three by bringing one end over the middle and lapping the other end over. Put it away in a cool place for ten minutes. This is called giving the pastry a turn. Roll and fold the pastry again and roll, cut and use as required.

**Fine Puff Paste**

Into one quart of sifted flour mix two teaspoonfuls of baking powder, one teaspoonful of salt; then sift again. Measure out one teacupful each of lard and butter. Rub into the flour until a smooth paste, the teacupful of lard; put in just enough ice water—say half a cupful—containing a beaten white of an egg, to mix a very stiff dough. Roll out into a very thin sheet, spread with one-fourth of the butter (very cold), sprinkle over with a little flour, roll up closely, double the ends to the center, flatten and re-roll; then spread again with butter. Repeat this till all the butter is used. Put in an earthen dish, cover with a cloth, and set in a cold place—in the refrigerator in summer. Make an hour before ready to use.

**Lemon Custard Pie**

1	cupful sugar	2	lemons (juice)
$1\frac{1}{2}$	cupfuls water	2	eggs (yolks)
$\frac{1}{2}$	cupful corn starch		Meringue of whites of eggs
	$\frac{1}{4}$ lemon (grated rind)		

Mix in a saucepan, beating thoroughly. Pour into pie plate prepared as for custard pie. Bake in a moderate oven twenty-five minutes. Cover with meringue made with whites of eggs.

**Lemon Pie, Without Milk**

For one pie: Two eggs, one teacupful of rice stock, one-half cupful sugar, one lemon, two tablespoonfuls of flour, one tablespoonful sugar for meringue.

Beat yolks and sugar, add flour, juice of lemon and pour into a pan with the boiling rice water. When nearly stiff, add the rind (grated) of one-half lemon. Beat the whites and one tablespoonful of sugar, and spread over custard that has been poured over the cooked pie crust. Brown quickly in a hot oven.

**Butterscotch Pie**

1½ cupfuls boiling water	1½ tablespoonfuls butter
1½ cupfuls brown sugar	⅛ teaspoonful salt
1½ tablespoonfuls granulated sugar	½ teaspoonful vanilla
4 tablespoonfuls cornstarch	3 eggs
	Pastry

Caramelize the granulated sugar and add the boiling water and the brown sugar. Let this boil thoroughly, then thicken it with the salt and cornstarch, mixed with barely enough cold water to moisten. Stir constantly until the mixture thickens, then add the butter and pour the mixture into the egg yolks, which have been slightly beaten. Pour into a cooked pastry shell, cover with a meringue, made from the whites of two eggs and a tablespoonful of sugar, and bake ten minutes in a slow oven.

**North Carolina Peach Custard Pie**

¾ cupful sugar	Enough sliced peaches to cover
¾ cupful milk	bottom of pie pan
2 eggs (yolks)	Use whites of eggs for
¼ teaspoonful cinnamon	meringue

Line pie plate with custard pie pastry. Cover the bottom thickly with sliced peaches. Place sugar, milk and egg yolks and cinnamon in mixing bowl. Beat to thoroughly mix; pour over the peaches and dust them well with sifted flour. Bake in a slow oven until firm.

Raspberries and plums may be used in place of peaches.

### Custard Pie

The most important point in the custard pie is the crust. The pastry should be light and delicate.

The ingredients for pastry are:

2	cupfuls flour	2	teaspoonfuls baking powder
½	teaspoonful salt		
	2	tablespoonfuls	sugar

Sift to mix and then rub in one-half cup of shortening; mix to a dough with one-half cupful of ice water. Wrap the pastry in wax or parchment paper and place on ice to chill thoroughly for two hours. Pastry made the day before will be delightfully light and flaky.

This amount of pastry will be sufficient for two pies.

Divide the pastry into two parts. Roll out one on a lightly floured board. Fold carefully in half and then in quarters; place in pie plate and open. Trim the edges and roll trimmings into a long, narrow strip. Cut into strips three-quarters inch wide and brush the edge of the pastry on the pie plate with water and add this strip as a reinforcement to build up the edge.

Brush the pastry in the bottom of the pie plate with melted shortening thoroughly coating the surface. Then pour in any prepared custard. Reserve one tablespoonful of the custard to brush the pastry around the edges. Bake in slow oven until the custard is firm in the center.

### Apple Meringue Pie

Pare, slice thin and stew juicy apples with about a teacupful of cold water in the bottom of a kettle to prevent burning. When done, mash smoothly, sweeten to taste and flavor slightly with lemon juice. Cover the pie plates with delicate rich paste and fill with the apples, leaving one-quarter of an inch at the top. Bake by a steady, moderate fire until brown, then fill with a meringue made from the whites of two eggs and one tablespoonful of sugar. Return to the oven and brown. Serve hot, with cheese.



### **Pastry for Short Cake and Chicken Pie**

To a pint and a half of flour use one-quarter of a pound of lard, half a teaspoonful of salt, and a light spoonful of yeast powder.

Sift the yeast powder with the salt and flour, then rub the lard in until there are no lumps. Then mix into a medium stiff dough with cold water, using a spoon to mix it. It requires very little working. Place in the refrigerator, if in summer, or out in the cold air, if in winter, for an hour before using. Roll thin.

### **Patty Shells**

Roll out puff paste very thin, and cut in the shape desired—either round, square or heart shaped, using cutters which come for the purpose. There are two cutters in each set; one two or two and a half inches in diameter, and a small one about an inch in diameter. For heart shaped patties for twelve, cut twenty-four pieces with the large cutter; from twelve of these cut out the center evenly and smoothly, dip the cutters in hot water, working quickly.

Rub the edges of the large heart with a little white of egg and put on the heart rings, press lightly together along the edge. With the small cutter cut out small hearts of stale light bread to prevent the bottom crusts rising and filling the cavity. Bake in a pan lined with buttered paper. When done, remove the stale bread and any soft paste that may be under it, being careful not to break the crusts, however, as they will not then hold the soft mixtures which are served in them. The small hearts cut from the centers are baked separately on buttered paper, and when the patties are filled are placed on top for covers.

### **Vol-Au-Vent**

The puff paste used for these should be rolled, folded and rolled four or five times—making a very light paste. Cut in any shape liked; a large oval is considered the most desirable. The outline may be



marked with an oval meat dish and cut quickly with a knife dipped in boiling water. Cut five of these; use one for the foundation; cut the centers from the other four, using a dish two inches smaller in diameter for the outline. This will leave four rings, two inches high, a little larger than the Vol-au-Vent; and place one of the rings and press lightly in place; again wet the edge with the white of egg and put on another ring; proceed thus until all the rings are in place, one above the other. Make a hoop of stiff brown paper two or three inches high, a little larger than the Vol-au-Vent, and place it around to prevent burning. Bake forty minutes in a moderately quick oven. Fill with creamed meats, mushrooms, or charlotte, etc.

### Rissoles

Roll puff paste thin and cut round or square. In the center of half of the pieces put a spoonful of creamed chicken, fish, or sweetbreads, or any fruit chopped, sweetened or seasoned. Wet the edges with white of egg, cover with other pieces, cut a slit through the top with a knife, and bake in a quick oven.

### Jelly Meringue

1 egg (white)                       $\frac{1}{2}$  glass jelly  
Pinch of salt

Put egg white into a bowl, add the jelly. With a good egg whip beat all together and continue until a very thick meringue is made. The whipping will mix jelly with egg until it is well blended and unnoticed. A flavoring may be added if jelly is sweet, and a bit of coloring adds to the looks when using with strawberries.

### Puff Paste

One pint of pastry flour, one teacupful of fresh butter, half a teaspoonful of salt, half teacupful of ice water. Wash the butter in water with the chill taken off; divide in three parts and place on ice. Sift the flour and salt together. When the butter is cold, mix one part of it with the flour, either cutting it with a knife or mixing lightly and quickly with the hand. When this is done, mix slowly with the ice water, using a spoon, to a rather stiff dough. Sprinkle the biscuit board with sifted flour, and turn out the dough; sift flour on top, and roll out half an inch thick. On a little sifted flour roll thin the second piece of butter, and place along the center of the dough, folding the dough over it until the edges meet; now fold over the edge and beat to an even thickness with the rolling pin. Roll out and proceed as before with the third piece of butter. When this has been done, fold the dough again, and roll thin. If in the process the dough becomes sticky or soft, roll in a napkin and place in a pan on ice. In a few minutes it will roll easily. Use as little flour in rolling as possible. Roll lightly and quickly. The dough should show no streaks of butter when ready for use, and may be placed on ice to harden until time for rising.

### Mince Pie

Chop one pound of suet, one pound of raisins, one pound of tenderloin of beef or pork, boil until done; one pound of citron, one pound of apples that have been peeled and cored. Add one pound of currants, one pound of sugar, half an ounce of mace, half an ounce of allspice, a tablespoonful of cloves and one four-inch stick of cinnamon. Pound the spice fine and add one grated nutmeg and one quart of cider.

Bake in puff paste in a deep pan, two inches deep at least. Line the pan with pastry and put on top crust. Serve hot.

### Deep Apple Pie

Fill a deep dish with tart apples, sliced and sprinkle liberally with sugar and nutmeg, and little bits of butter. Butter the upper edges of the dish and lay over the apples a thin sheet of paste, cutting three slits in the center. Pour into one of these openings half a cupful of hot water and bake about an hour in a hot oven. Serve hot with cheese.

### Cocoanut Pie

One good sized cocoanut grated fine, one cupful of white powdered sugar, two eggs, some nutmeg, two cupfuls of new milk, one tablespoonful of good fresh butter; bake on a single crust. This makes two pies of ordinary size.

### Plum Pie

To three cupfuls of pitted plums, add one and a half cupfuls of sugar and a little water, and simmer until tender. Line your pie plate with rich crust, put in the fruit, cover, wetting the edges to keep the fluid from running out, and bake in a quick oven.

### Pumpkin Pie, No. 1

One quart of fine grained, sweet, nicely stewed pumpkin, rubbed perfectly smooth. To this add half a pound of rich, sweet cream. Flavor with nutmeg. Line a pan with rich pastry, fill with pumpkin and put on a top crust. Pierce with a fork to let the air escape, or the pastry may blister. Bake in a moderately hot oven.

### Pumpkin Pie, No. 2

Pare and cut the pumpkin into pieces about one inch square, put these into a porcelain lined sauce pan with just enough water to prevent scorching. Stew slowly until tender, about half an hour, then press through a colander. Take a pint and a half of this pumpkin, add a level tablespoonful of butter and a pinch of salt. Mix and stand aside until cold. When cold

add a pint and a half of new milk, half teaspoonful of ground cinnamon, one teaspoonful of ground ginger, one cupful of sugar, and six well beaten eggs. Mix and bake in deep pie dishes lined with light paste. This quantity will make three large pies.

### **Delicious Lemon Pies**

Three eggs, well beaten separately; one tablespoonful of butter, one teacupful of sugar beaten to a cream; then mix yolks and juice of two lemons; add last, half the whites; with the other half, make a meringue, spread on top and brown.

### **Glaze for Piecrust**

To prevent any juicy mixture soaking into the crust, beat an egg well, and with a brush or bit of cloth, wet the crust of the pie with the beaten egg just before you put in the pie mixture. It also gives gloss and beauty to biscuit, rusk and ginger-cake, by first adding a little sugar to the egg.

## **CUSTARDS**

### **Cup Custards**

Mix one and one-half pints of new milk, one cupful of sweet cream, four well beaten eggs, one cupful of white sugar, one teaspoonful extract of lemon, orange or vanilla. Fill the custard cups two-thirds full and place them in a steamer over a kettle of boiling water, or in a baking pan containing hot water, in an oven. When the custard is set it is done. If one likes, the top of the custard may be covered with the whites of two eggs beaten to a froth, sweetened and flavored.

### **Sweet Potato Custard**

Four eggs, five ounces of butter, seven of sugar, six of boiled potato, mashed in a glass of sweet milk. Beat yolks, sugar and butter together; add potatoes and lastly the whites well beaten.



### Boiled Custard

One quart of sweet milk, one-fourth of a pound of sugar, and three or four eggs. Beat the eggs very light with half the sugar; boil the milk with the other half of the sugar and pour over the eggs, stirring all the while; pour back into the vessel and let come to a boil once. Flavor to taste. For ice cream, add one-fourth of a pound more sugar to a gallon of milk.

### Apple Custards

Peel and slice six medium sized apples; boil until tender, with one cupful of water, then rub through a sieve, or mash very fine, then add four eggs which have been well beaten, with two teaspoonfuls of white sugar; add last the juice of one lemon with some of the rind, grated. The eggs may be separated and the whites used for a meringue, if liked. Line two pie pans with good pastry, roll thin, pour in the custard and bake in a moderate oven, a nice brown.

### Syrup Custards

For each custard to be made boil one cupful of syrup until very thick; remove from the fire and let cool. Beat two eggs separately, adding one tablespoonful of sugar to the yolks. Mix all together and add one teaspoonful of butter. Line a pie plate with some good pastry, pour in the custard and bake without a top crust.

### Citron Custard

Make a puff paste; roll thin and line a pie plate. For the custard: Beat six eggs with six tablespoonfuls of sugar, until very light; add a tablespoonful of butter. Slice the citron in thin strips, and place on the pastry. Pour the custard over; put in the oven and bake a nice brown. After the pastry is put in the pan, place on the back of the stove to dry until ready to pour in the custard. This quantity will make two custards.

### **Lemon Custards**

Five eggs (leaving four whites for meringue), two teacupfuls of sugar, juice and half the grated rind of one lemon, a teaspoonful of flour, and one teacupful of sweet milk. Beat eggs and sugar until very light, then add the sifted flour. When well mixed add the lemon; mix this thoroughly, then stir in the milk and bake at once. When set and a light brown, cover with the meringue, put in the oven and brown. This is sufficient for two custards.

For cocoanut custards, leave out the lemon and substitute one teacupful of freshly grated cocoanut. Custards made by this recipe are deliciously light and spongy.

### **Lemon Custard, No. 1**

**Pastry:** Three-quarters of a pound of flour, quarter of a pound of lard, heaping tablespoonful of baking powder, level teaspoonful of salt, cold water enough to make a moderately stiff dough, handling just as little as possible. Roll very thin and bake in three tins, just letting them color delicate brown.

**Custard for three pans:** Nine eggs, three cupfuls of very rich milk, or cream, three lemons, two teacupfuls of sugar in the custard, and a half teacupful in the meringue; grated rinds of two of the lemons, and a heaping teaspoonful of flour.

Beat the yolks and two whites with two cupfuls of the sugar, then sift the flour; now stir in the milk, and just before turning in to bake add the juice and grated rind of the lemons. Bake in a moderate oven.

### **Lemon Custard, No. 2**

Three eggs, one teacupful of sweet milk, one and a half cupfuls of sugar, teaspoonful of butter and one of corn starch or flour. Beat eggs and sugar until light, add butter, flour and milk, and the grated rind and juice of one lemon. Bake in jelly tins lined with puff paste.

### Cocoanut Custards

For two custards, take four eggs, two teacupfuls of grated cocoanut, one cupful of sweet milk, one and a half cupfuls of sugar. Pour the milk over the cocoanut and place on the fire to warm. Beat eggs and sugar until very light, mix well and bake with a bottom crust. Use the whites of the eggs for a meringue if desired.

### Peach Custard

$\frac{3}{4}$ cupful milk	2 eggs (yolks)
$\frac{1}{2}$ cupful sugar	$\frac{1}{4}$ teaspoonful cinnamon
2 tablespoonfuls corn starch	1 cupful peaches (crushed)

Place the peaches in a mixing bowl. Now place in a saucepan the milk, sugar and cornstarch. Bring to a boil and cook two minutes and then pour very slowly, —beating hard all the time—over the peaches in the mixing bowl. Add the yolks of the eggs, and the cinnamon. Beat again, then pour into pie plate lined with pastry used in above recipe. Bake in a slow oven. Use whites of eggs for meringue.

### Jelly Custard

Beat five eggs, leaving out whites of two, add one cupful of sugar, one cupful of jelly—apple, or quince—three-quarters of a cupful of warmed butter to make it beat nicely. Bake in a paste; make meringue of the two whites, and two tablespoonfuls of sugar; pour it over the custard when firm, and brown very lightly.

### Pineapple Custard

Mix well one teacupful of sugar and four eggs, add one quart of sweet milk; set on the fire to thicken, stirring constantly; then cool. Add one can of grated pineapple. Serve with whipped cream.

### Lemon Custard

Six eggs, two cupfuls of sugar, one tablespoonful of butter, and two lemons.

## TARTS

### **Cream Tarts**

Make a rich puff paste; cut small, bake and fill with whipped cream, on top of which drop a little currant jelly.

### **Almond Tarts**

Beat to a cream the yolks of three eggs, and a half teacupful of sugar; add half a pound of shelled almonds, pounded; put in tart pans, lined with paste, and bake ten minutes.

### **Cocoanut Tarts**

Dissolve a teacupful of sugar in a teacupful of water; add a pound of grated cocoanut and boil. When cool, add the well beaten yolks of three eggs, and the white of one; beat all together and pour into tart pans lined with puff paste. Bake five minutes.

### **Lemon Tarts**

Grate one lemon, mix with a teaspoonful of melted butter, two well beaten eggs, and a teacupful of sugar. Melt over the fire. When cool, fill tart pans lined with puff paste. Set in oven for three or four minutes.

### **Apple Tarts**

Boil very tender four large tart apples; strain, beat smooth, and add the yolks of three eggs, juice and grated rind of a lemon, one tablespoonful of butter, and one cupful of sugar. Beat all together; line pans with puff paste, turn in mixture, cook five minutes. Make a meringue of the whites and some sugar; spread on them and brown.

### **Orange Tarts**

Make a pastry and line patty pans. Put a teaspoonful of orange marmalade in each. Cream some sugar and butter, add one egg, well beaten, add grated rind and juice of half an orange, add one-fourth cupful of flour. Mix and put in patty pans. Bake fifteen minutes.



## OTHER DESSERTS

### Ambrosia

Peel and chip off in small pieces with a sharp knife one dozen oranges, pare and cut in small pieces one fresh pineapple, or use a can of sliced pineapple. Grate one cocoanut. Place in deep dish or bowl (the one in which the ambrosia is to be served) a layer of the orange and then one of cocoanut, next one of pineapple, then one of sugar. Repeat this until the dish is full; let the last layer be of cocoanut and sugar. Pour over all the milk of the cocoanut and serve.

### Stuffed Apple, With Whipped Cream

Select twelve even sized acid apples. Cut a slice from the blossom end of each and with a small knife remove the core and as much of the meat as possible; cut the latter in small cubes and mix with a teacupful of grated bread crumbs, two of sugar, a pinch of salt, a tablespoonful of butter, a tablespoonful of whole allspice and a little chipped rind of lemon. Fill the cavities with this mixture, put on the top a few dry bread crumbs and a small piece of butter, place in a pan with a teacupful of hot water and bake in a rather quick oven. Serve hot or cold with whipped cream sweetened.

### Puffet

Take two cupfuls of sifted flour, one tablespoonful of sugar, one tablespoonful butter or lard, two teaspoonfuls baking powder and one cupful of sweet milk. Bake quickly.

### Arrowroot Jelly

One teacupful of boiling water; wet two teaspoonfuls of Bermuda arrowroot with a little water and stir into the boiling water, continuing until it is clear, letting it boil all the time; to this add one teaspoonful of lemon juice and pour into a mould. Serve when cold with powdered sugar and cream.

### **Peach Whip, With Sponge Cake**

Make just as one does apple float, using instead of apples, ripe clear-seed peaches peeled and mashed through a vegetable masher. Serve on a small slice of sponge cake moistened with a teaspoonful of sherry or port wine, and in which has been stuck Jordan almonds blanched and split. On top of each plate put a spoonful of whipped cream.

### **Rice Cream**

Quarter of a pound of whole rice well boiled in milk and put in a colander to drain and cool. Mix with one gill of good cream whisked to a froth, and a wine glass of Madeira, and serve with powdered sugar.

### **Orange Fritters**

Make a batter of one teacupful of flour, two eggs, half a level teaspoonful of salt, and sweet milk enough to make it the consistency of cream. Peel six oranges, slice them and mix with the batter. Fry in hot lard to a delicate brown. Serve with powdered sugar and sherry wine.

### **Fruit Salad**

One very ripe pineapple, pared and pulled apart with a fork; six bananas peeled and sliced; teacupful of brandied cherries, stoned; one pound of white grapes, peeled and seed removed; one quart of strawberries, capped; one grape fruit peeled, the white skin carefully removed, and the meat broken in small pieces; two or three guavas, peeled and sliced thin, two teacupfuls of granulated sugar; half tumbler of French brandy.

Half an hour before serving turn the brandy over the sugar and let stand. When ready to serve pour sugar and brandy over the fruit, toss lightly together, and serve with whipped cream.

### Almond Cream

Into one pint of boiling milk (half and half) stir three tablespoonfuls of tapioca, dissolved in a little water; add sugar to taste, yolks of three eggs and whites beaten to a stiff froth. Season with vanilla.

### Omelet Souffle

Separate the whites from the yolks of six eggs. Add to the yolks two tablespoonfuls of pulverized sugar and a little lemon juice, beating them well together. Whip the whites until they stand alone, when they must be mixed with the rest. Put a small piece of butter into the frying pan, let it melt upon a slow fire, then add the omelet, taking care that it does not burn; turn it out upon a dessert dish, glaze by strewing powdered sugar over it; then put it into the oven; when it has risen, glaze it again and serve it. This is considered one of the most delicious of all desserts by connoisseurs.

### Date Dessert

Seed and chop one cupful of dates, one cupful of walnut meats; mix together two eggs, two tablespoonfuls of flour, one cupful of syrup, and one teaspoonful of baking powder. Add nuts and dates. Bake in biscuit pan in a moderate oven. Serve with whipped cream.

### Peach Cobbler

Peel and stone enough peaches to fill a pudding dish, place on top several small pieces of butter, add a cupful of sugar and cover with a light puff paste and bake. Serve with whipped cream.

### Egg Cream

Beat one egg light in a glass with a teaspoonful of sugar and a little nutmeg; then fill it with sweet cream or new milk. If desirable, add a tablespoonful of French brandy.

### **Cornucopias**

Three eggs, one cupful of sugar, one cupful of flour, two tablespoonfuls of cold water, one teaspoonful of baking powder; beat thoroughly. Drop one tablespoonful on a round tin and bake in a moderate oven. When a delicate brown take out, and while hot lap the edges together in form of a cornucopia and hold in shape until cool. Fill them when cold with whipped cream. This recipe makes twelve.

### **Bananas and Cream**

An especially nice way to serve bananas is to cut them in thin, round slices; pour over them whipped cream, unflavored.

### **Strawberry Tapioca**

Wash a cupful of tapioca and put to soak in cold water over night. In the morning pour over a pint of boiling water, and set on back of the stove to simmer gently until the tapioca is perfectly clear. Stem a quart of strawberries and stir into the boiling tapioca with a pint of sugar. Take from the fire, turn into a glass dish, and set on ice. Serve very cold with sugar and cream.

### **Strawberries With Whipped Cream**

Stem ripe, fresh strawberries, place a layer in the bottom of a large dish; sprinkle with sugar; put another layer of berries and sugar. Whip a pint of cream with the whites of two eggs and a teacupful of sugar; put over the strawberries, and set on ice for half an hour.

### **Strawberries for Breakfast**

Stem ripe strawberries, cover with sugar and the juice of a half dozen oranges. Let stand one hour, sprinkle with pounded ice and serve.

### **Strawberry Pyramid**

Crush a pint of ripe strawberries, mix with a pint of sugar; beat the whites of four eggs and add. Beat all together until very stiff and arrange in a pyramid.



### Orange Cup

Take one dozen large oranges; hold them with the stem up and quarter and peel half way down; turn the peel back, and remove the meat carefully with a teaspoon. Make three teacupfuls of lemon gelatin (using only one lemon); just before it congeals, add quickly a teacupful of Malaga grapes, cut in half and seeded, and two cupfuls of orange meat or juice, and one banana chopped fine. Pour the mixture immediately into the orange hulls, filling nearly to where they are cut, and let congeal. Dissolve over the fire a teaspoonful of gelatin in a very little water; whip or churn to a stiff froth two-thirds of a pint of sweetened cream, then beat in three bananas mashed to a smooth paste, then add the gelatine. Just as it begins to congeal, fill the orange hulls as full as possible, draw the quarters together, fasten with straws at the points. Put in a cool place. When ready to serve, remove the straws, pull back the points, place on a doily and serve. This simulates the whole orange and is delicious.

### German Puffs

Eight eggs, one glass of sweet milk, one cupful of sifted flour, four tablespoonfuls of melted butter, salt and pepper to taste. Beat the yolks very light, then add the flour and milk, then the butter, last the whites beaten very stiff. Bake in well greased pie plates. When done, butter each one, and stack as layer cake. A little grated cheese between each layer is well for those who like cheese. Have hot for breakfast.

### Lemon Gelatine

Pour one pint of cold water over a box of gelatine, and let it stand for half an hour; take the juice of three lemons and one grated rind, stir into three pints of boiling water, and pour over the gelatine; sweeten to taste. Flavor with vanilla or wine, and strain through a jelly bag into a mould. Set aside to congeal.

### **Strawberry Meringue**

Cover the bottom of a baking dish with slices of stale cake, dipped in milk. Stem a quart of strawberries, and put over; sprinkle freely with sugar and set in the stove until a syrup is formed. Take out, and spread with meringue made of the beaten whites of three eggs and three tablespoonfuls of sugar. Set back in the oven one minute. Serve very cold with whipped cream.

### **Apple Float**

Stew apples until tender; rub through a sieve; sweeten to taste. Whip until light, and for six large apples, have the whites of six eggs beaten to a stiff froth. Whip these into the apples, and serve with sponge cake and whipped cream.

### **Figs and Cream**

Peel the figs and slice, place in a dish in which they are to be served. Sprinkle with sugar, and pour over them thin cream, slightly sweetened. Two tablespoonfuls of sugar will be enough for the figs and cream for six persons.

### **Syllabub**

One quart of cream, half pound of sugar, tumblerful of good wine, or flavor with vanilla. Mix all together, whip in the whites of the eggs. Turn into a mould. Serve in thin tumblers.

### **Prune Jelly**

Soak a pound of prunes in a quart of water three hours. Drain them and strain the water in which you soaked them. Put it on the stove with a pound of sugar and let it boil half an hour. Remove the stones from the prunes, and put them into the boiling syrup, and boil it up again. Soak half a box of gelatin in a little cold water; dissolve and add to the prunes, and set them in a cold place to harden. Serve with sugar and cream.

### Fruit Gelatin

Make lemon gelatin; before it congeals, add any fruit desired. One pint of bananas, sliced, or grapes cut in half, and seed removed, or orange meat, grated pineapple, etc. Sweeten to taste. Preserved fruit may be used.

### Ribbon Jelly

Ribbon jelly is made by pouring different colored lemon gelatin, one over the others in layers. Yellow is made from lemons and orange; red from currants; dark colors from dark berries; green from a little spinach juice added to any light jelly; and crimson by using a little cochineal. Each layer must be very hard before the next is poured in. After all has become hard, turn out of a mould into a glass stand, and serve in slices; cut at the table. Whole fruit, such as cherries, strawberries, slices of pineapples, etc., can be used in it if one chooses; it is very delicious served with cream, the whole being just taken off the ice, and a more ornamental dish could not be put upon the table.

### Wine Gelatin

$\frac{1}{2}$ box gelatin	1 cupful sherry wine
$\frac{1}{2}$ cupful cold water	3 tablespoonfuls lemon
1 cupful boiling water	3 tablespoonfuls orange juice
1 cupful sugar	

### Stewed Prunes

Wash, drain, cover with cold water, let soak several hours over night. Stew in this water; add sugar to taste. Fine served cold.

### Stewed Apricots

Soak half a pound of apricots over night, in three cupfuls of cold water. In the morning drain them and put the water on the range with two cupfuls of sugar. Let it boil until it is thick; add the apricots and boil up. Remove from the fire immediately.

### **Sliced Pineapple**

Cut the ends of a pineapple and cut it in slices about half an inch thick. Remove the outer covering from each slice, taking care to cut out all the eyes. With a silver knife cut it into triangular pieces, cutting out the core. Sprinkle it thickly with sugar and let it stand on ice for an hour before serving.

### **Cream Puffs**

One pint of boiling water, half a pound of butter, half a pound of flour, eight eggs. Put the butter in the boiling water, and when thoroughly melted, add the flour, stir in quickly and allow it to boil about half a minute. Set aside to cool; add yolks beaten lightly, and last, the whites. Drop on buttered paper, and bake quickly. Make a thin custard and when cold, fill puffs.

### **Escalloped Apples**

Pare, slice and stew until tender, six large apples. Mash and sweeten to taste; flavor with allspice and lemon. Have ready a pint of bread crumbs, and a teaspoonful of butter; butter an earthen baking dish, stick the bread crumbs to the sides, and put a layer in the bottom, then a layer of apple, then small lumps of butter; then apples again, and so on until the dish is full. Have crumbs on top. Bake fifteen minutes and serve hot.

### **Fruit Salad**

Peel, slice and seed six oranges; peel and slice six bananas; have ready one can of grated pineapple; cap and wash a quart of strawberries. Grate one coconut; two cupfuls of sugar; whip one quart of sweet cream.

Place the ingredients in layers in a glass dish in the order named; then pour over the whole two wine glasses of sherry. Garnish with strawberries. Leave off the wine and flavor the cream with lemon and vanilla, if preferred.



### **Boiled Apple Dumpling**

Prepare your paste. Cut into squares, and fill as for baked dumplings, chopping fine the apples that they may be cooked more rapidly. Put each dumpling into a bag or cloth and tie, leaving room for it to swell. Drop the bag into boiling water, and boil steadily for an hour. Serve the dumpling hot, with sauce.

### **Banana Salad**

Split bananas in quarters, place on lettuce leaves, sprinkle with nut kernels chopped, and serve with French dressing.

### **Frozen Salad**

One quart of chopped pineapple and one can of white cherries. Mix with one cupful of oil mayonnaise, pack in ice and salt, and let stand until frozen.

### **Fruit Salad in Peach Skins**

Twelve large Elberta peaches, carefully selected for their beauty, three oranges, three sweet pears, quarter of a pound of Jordan almonds, half teacupful of cream, one teacupful of sweet milk, half teacupful of sugar, one tablespoonful of sherry, three drops of vanilla extract, and three of lemon; one teacupful of cooked mayonnaise, twelve nice sprigs four or five inches long of peach tree foliage.

Blanch and chip fine the almonds. Peel and cut into dice the oranges, rejecting the seed and all tough parts. Peel and cut into dice the pears, and mix with the almonds and orange meat.

Now, with a pocket knife, very carefully cut a round hole at the blossom end of each peach, and slip a sharp-pointed teaspoon down around the seed and remove the latter, being very careful not to break the peach skin, or spoil the appearance of the exterior by getting it wet. When the seeds have been removed, cut from them the caps and save to put back when

the skins have been filled. Scrape out with a sharp spoon as much of the meat as possible; cut this into small pieces and mix with the other fruit—orange, pear, etc.

Turn the cream and milk into a bowl, sweeten with the half teacupful of sugar, and flavor with the vanilla, lemon and sherry; whip to a very stiff froth with a syllabub churn, removing the whipped cream to a sieve, over another vessel, as it forms. Whip this with a fork until quite thick. Have the mayonnaise ready in a shallow dish and quickly fold into it the thick, whipped cream. It will take up a pint of the latter.

Now, over the chipped fruit sprinkle a teaspoonful of powdered sugar and a pinch of salt, and mix lightly with a fork; then mix with it as much of the cream mayonnaise as it will take, being careful not to have it too soft. Fill the peach skins with this salad, put on the tops, if it has been possible to save them, and place by a sprig of foliage, on a fancy salad plate, the opening down, slipping a fork under the foliage to one side.

### **Apples, Baked with Raisins**

Select one dozen large apples, even in size. Pare and core and place in a baking pan with two teacupfuls of boiling water, and two of sugar, filling the centers of the apples with part of the sugar. Place on top of each apple several seeded raisins and a small piece of butter. Bake in a moderate oven until clear.

### **Apple Roll**

Peel and chop six large apples. Put them in a porcelain lined vessel, and stew until tender. Make a dough as for buttermilk biscuit. Roll until a quarter of an inch thick; spread the apples over this with one cupful of sugar and a teaspoonful of ground spice. Roll this up, and place in a baking dish. Pour over it one teacupful of water, one cupful of sugar and a teaspoonful of butter. Bake for half an hour.

### Baked Apple Dumpling

For baked apple dumplings use tart apples. If free from blemishes, use whole; if not, they may be sliced. Make a paste, using one quart of flour, into which two heaping teaspoonfuls of any good baking powder, or two of the cream of tartar and one of soda, have been sifted, one-quarter of a pound of butter or lard (or one-eighth of a pound of each), adding some salt to the latter. Rub well together the flour and shortening, wet up quickly with water to make a stiff paste. Roll out into sheets less than a half inch thick, and cut into squares large enough to cover the apple. Put with it, before covering, a teaspoonful each of butter and sugar, adding, also, three cloves to each apple. Bring the corners of the square together, pinching them slightly. Arrange the dumplings into a dumpling pan half filled with water, into which melt one-third of a teacupful of butter, and one teacupful of sugar seasoned with cinnamon. Do not allow the dumplings to touch in the pan, as they need room to swell. Baste frequently with the water from the pan.

### Baked Apples

Peel and core one dozen ripe, medium-sized apples; place in a baking pan, fill the centers with white sugar and then pour one teacupful of sugar over the apples. Add one pint of boiling water, and bake until very tender. Serve them with sponge cake. A cream sauce may be used with the apples if desired.

### Baked Peaches

Peel and place in a baking pan. Sprinkle over two cupfuls of sugar, and add a teacupful of water. Bake until brown. Serve with cream.

### To Fry Apples

Large, smooth, ripe apples, sliced in quarter-inch thick slices. Have lard boiling, fry brown and sprinkle with sugar.

### Baked Quinces

Take smooth, ripe quinces, rub them well with a dry cloth. Take out the core, fill with sugar, sprinkle with water, and bake in a moderately hot oven until soft and brown. Serve with rich cream. Pears may be baked in the same way as quinces or apples.

### To Fry Peaches

Take ripe, clearseed peaches; peel them and take out the seed. Get the drippings from three or four slices of pork, have very hot, place the peaches in and fry quickly until a nice brown. Take them out and sprinkle with white sugar.

### To Fry Green Tomatoes

Have large, smooth, green tomatoes. Slice and let them stand in salt water ten or fifteen minutes. Use a tablespoonful of salt in one quart of water. Roll the slices of tomatoes in flour and fry a rich brown in boiling lard. When brown, take up and sprinkle with sugar.

### Apple, Peach, or Banana Fritters

1	cupful flour	2	eggs
1-3	teaspoonful salt	$\frac{1}{2}$	teaspoonful melted butter
	2-3	cupful	milk or water

Mix together the dry ingredients, beat in the liquid gradually, and then stir in the egg yolks, beaten until lemon-colored. Add the butter and then the egg whites, beaten stiff. Then dip in the fruit, drain it for a moment, and drop each fritter into deep butter, hot enough to brown a bit of bread in a minute. When golden brown on one side, turn to brown the other. When done, drain on crumpled paper, dust with powdered sugar and serve with or without nutmeg or lemon sauce. If apples are used they should be cored and pared, then sliced in rings. Peaches should be pared and quartered; bananas should be peeled, halved lengthwise, and then quartered.



### Apple Compote

Six large apples, one pound of sugar, one quart of water, lemons and jelly. Peel, core and halve the apples; drop them in cold water, into which the juice of a lemon has been squeezed. Make a syrup of the sugar and water, the rind of the lemons and a few cloves. When this is boiling hot put in the apples, taking care not to break them; when tender take them out, put on a dish, concave side up, and fill the hollow with jelly, currant or quince; then reduce the syrup by boiling, and when cold, pour around the apples.

### Delicate Fritter Batter

1½	teaspoonfuls baking powder	¼	teaspoonful salt	
1	cupful flour	1	egg (separated)	
2	tablespoonfuls cornstarch	¼	cupful milk	
	4	tablespoonfuls sugar	1	tablespoonful olive oil

Mix the flour, baking powder, cornstarch, salt and sugar and sift three times. Beat yolk and white of egg separately. Add beaten yolk and milk alternately to flour mixture; then add oil and beat until smooth. Finally fold in stiffly beaten egg white. Drop by spoonfuls into plenty of hot, but not smoking, fat. Fry golden brown, turn, drain out with a skimmer, and lay on absorbent paper. Trim and dust with powdered sugar and serve at once.

Use this batter for plain fritters and for fruit and sweet fritters of all kinds. In using vegetables or shell fish, omit the sugar. Thin slightly with milk when used with any filling. Whole canned fruits drained from syrup, apple rings, bananas, etc., may be used for filling, as can oysters, clams, etc.

### Banana Fritters Supreme

Cut ripe bananas in half lengthwise, then crosswise. Soak for one hour in lemon juice and sugar to taste. Thin fritter batter with milk, dip in each a section of banana and fry in hot fat. Drain and serve with jelly.

**Orange Fritters**

Take four oranges; peel them, taking off all the white pith without breaking into the meat; divide into four or five pieces, through natural divisions of the orange; dip each piece into common batter and fry in boiling lard. Serve on napkin with powdered sugar.

**Spanish Fritters**

Cut the crumb of a French roll into lengths as thick as your finger, in whatever shape you like. Soak in some cream, nutmeg, sugar, pounded cinnamon, and an egg. When well soaked, fry a nice brown, and serve with butter, wine and sugar sauce.

**Fritters, No. 1**

Five eggs, five tablespoonfuls of flour, half a pint of sweet milk, one level teaspoonful of salt. Beat the eggs separately. Fry in boiling lard. Serve with syrup, sugar or fruit syrups.

**Fritters, No. 2**

Two eggs, one pint of buttermilk, one pint of flour, a level teaspoonful of salt, and one of soda, sifted in the flour. Fry in boiling lard. Serve with sugar or syrup.

**Fritters, No. 3**

Four eggs, beaten separately; one pint of sweet milk, one pint of flour, one level teaspoonful of salt and a heaping teaspoonful of baking powder. Fry in boiling lard and serve with syrup or sugar.

**Pineapple Fritters**

Make any nice batter, add one can grated pineapple.

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**SWEET SAUCE FOR PUDDINGS, ETC.****Cranberry Sauce, No. 1**

One measure of cranberries, half the measure of sugar, one-third measure of water. After they begin to boil, do not stir. Allow them to boil briskly eight minutes; set aside to cool in the vessel in which they were cooked.

### **Cranberry Sauce, No. 2**

Wash and drain one quart of cranberries; add one pint of cold water, cover closely and set to boil for ten minutes, then add one pint of granulated sugar, and stew for ten minutes longer, keeping them covered all the time. Cook in porcelain, and stir with a wooden spoon to preserve the color of the berries.

### **Brandy Sauce**

One tablespoonful of butter, one teaspoonful of flour, three teaspoonfuls corn starch, pinch of salt, one-half cupful brown sugar, one teaspoonful vanilla, one cupful brandy. Stir corn starch, flour, salt and melted butter. Stir in the hot water, sugar, vanilla and when cooked thick, add the brandy. Remove from the fire and beat in a lump of butter while cooling.

This sauce is delicious when served with plum pudding, or hot cake.

### **Lemon Sauce, No. 1**

One teacupful of sugar, half teacupful of butter, one egg beaten light, one lemon, juice and grated rind, half teacupful of boiling water; cook in a double boiler to the consistency of cream.

### **Lemon Sauce, No. 2**

Six tablespoonfuls of powdered sugar, two tablespoonfuls of butter and one tablespoonful of lemon juice, beaten until smooth.

### **Fruit Salad Dressing**

To two well beaten eggs, add three tablespoonfuls of melted butter, juice of one lemon and one-half teaspoonful of salt. Cook until thick in a double boiler, stirring constantly. Cool, then add one cupful of whipped cream, two tablespoonfuls of powdered sugar, one-half teaspoonful each of celery, salt and vanilla, and a little paprika. Serve cold.

**Sauce for Plum Pudding**

Take half pound of butter, wash the salt from it, and cream very light; stir in three quarters of a pound of sugar and the beaten yolk of an egg; simmer over a slow fire or on the back of a stove for a few minutes, and when at boiling heat, add a half pint of good cooking wine. Serve in a sauce boat, and sprinkle nutmeg over the surface.

If you would serve your pudding in true old England style, have ready a gill of pure alcohol, and the pudding being turned out in a large and handsome platter, just as the servant enters the dining room, let another person outside the door be furnished with a lighted match. Having poured the alcohol over the pudding ignite it with the match, and a beautiful leaping flame will gladden the eyes of the beholders, awing the children present, and usher in a feast fit for King Arthur himself.

**Cream Sauce**

Stir lightly into a pint of whipped cream the stiffly beaten whites of three eggs, two tablespoonfuls of fine sugar and a teaspoonful of lemon or vanilla. Drop this sauce upon a cold platter and arrange the little puddings about it.

**Vanilla Cream Sauce**

Two beaten eggs, four tablespoonfuls of granulated sugar, two cupfuls of sweet milk (or one each of milk or water), butter, size of a hickory nut; stir over the fire in a double boiler, until as thick as very rich cream. Do not boil. When cold, add a very little vanilla. Use sauce cold.

**Chocolate Sauce**

$\frac{1}{4}$ teacupful cocoa or choco-	1	teaspoonful vanilla
late	4	tablespoonfuls hot water
$\frac{1}{4}$ teacupful sugar		

Mix thoroughly and melt over a hot oven. When thoroughly melted, add vanilla and hot water. Stir and cook until thick.



### Whipped Cream Sauce

For any pudding, take one cupful of sweet cream, whites of three eggs, three tablespoonfuls of powdered sugar. Have the cream previously set on the ice to get chilled; whip the cream then, and return to a cool place. Beat the whites to a stiff foam, add the sugar, then the whipped cream, beating all together. This is very nice for fruit puddings or to serve with cake.

### Sunshine Sauce

Moisten one tablespoonful of corn starch in a little cold water. Then pour in a pint of boiling water. Add half a cupful of sugar. Beat one egg until very light. Then pour over it gradually this hot corn starch, stirring all the while. Beat for just a minute. Add one teaspoonful of butter and dessertspoonful of vanilla.

### Custard Sauce

One and a half cupfuls of sugar, two tablespoonfuls of butter, the yolk of one egg, mixed with a level tablespoonful of flour and one of water.

### Cream Sauce for Sponge Cake

One heaping tablespoonful of butter, one and one-half teacupfuls of sugar, one of port wine, one of sweet cream, and half a teacupful of hot water. Put the sugar in a boiler, moisten with the water, and let come to a boil. Have the cream ice cold and whipped to a stiff froth with a syllabub churn, removing the cream to another vessel as it forms. When the sugar boils, remove from the fire, and stir slowly into the cream, beating constantly. Serve with hot sponge cake.

### A Hard Sauce for Plum Pudding

Stir to a cream one cupful of pulverized sugar, and add the juice of a lemon, or a couple of teaspoonfuls of vanilla, and a little grated nutmeg. Smooth into a mould with a broad-bladed knife, and set away to keep cool until the pudding is ready to serve.

**Strawberry Sauce**

3½	tablespoonfuls	butter	1	egg (white)
½	cupful	sugar	1	cupful mashed berries

Cream the butter and sugar. Add the stiffly beaten white of egg and beat until sugar is well dissolved. When ready to serve, add the berries. Use a cake and use the sauce and all as a pudding.

**Caramel**

Place a cupful of sugar, either brown or white, in an iron pan with a tablespoonful of water and let it remain until it melts and becomes of a rich dark brown hue. Then add a teacupful of boiling water and let it simmer for ten minutes; when cool, bottle for use.

**Egg Sauce**

Beat three eggs (leaving out one white), until light, adding two teacupfuls of sugar, and one cupful of cream. After beating all well together, add one cupful of boiling butter.

**Foam Sauce**

This "foam sauce" is pronounced especially delicious. To make it, take three cupfuls of pulverized sugar, one cupful of butter, one-half cupful of flour, and one cupful of boiling water. Beat sugar, butter and lard thoroughly together; then stir into the boiling water; let it boil up once. Flavor with vanilla or wine.

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## **HOT AND COLD DRINKS**

**How to Parch Coffee**

Pick and wash well ten pounds of green coffee. Put in sun until thoroughly dry. Put in a moderately warm oven; continue this heat until the coffee is a light brown. Increase the heat and stir constantly until the grains are brown through and through. Then put immediately into a jar and cover closely. This takes at least three and a half hours, and nothing should claim the attention of the cook during this time.

### Coffee for Three

Two tablespoonfuls of coffee; grind moderately fine; put in a pot and add one and a half pints of cold water and one egg shell. Boil three minutes, remove from the fire and add a teaspoonful of cold water. This makes three teacupfuls. This is good.

### Coffee (After Dinner)

Take one quart of water, one even cupful of freshly ground coffee, wet with a half cupful of cold water; white and shell of one egg; stir into the wet coffee the white and shell, the latter broken up small. Put the mixture into the coffee pot, shake up and down six or seven times to insure the incorporation of the ingredients, and pour in the boiling water. Boil steadily twelve minutes, and pour in one-half cupful of cold water, and remove instantly to the side to settle. Leave there five minutes. Lift and pour off gently the clear coffee. Serve in small cups. Put no sugar in coffee; lay two lumps in each saucer, to be used as the drinker likes.

### Delicious Morning Chocolate

Put four ounces of chocolate, dissolved in a little hot water, into a saucepan with three cupfuls of water, and two ounces of sugar. Set over the fire. Beat the yolks of two eggs to a foam in a cupful of water and stir; then add a small teaspoonful of rose water. Let it remain on the fire several minutes to simmer, but not boil; serve with toasted rusk or coffee cake.

### Baker's Chocolate

Put into a breakfast cup a teaspoonful of "Baker's Breakfast Cocoa," add a teaspoonful of boiling water and mix thoroughly. Then add equal parts of boiling water and boiled milk, and sugar to taste. Boiling two or three minutes will improve it.

### **Huyler's Chocolate**

For each breakfast cup, take one teaspoonful of "Huyler's Cocoa." Mix the same with boiling water or milk to a paste. Add rest of the milk, or milk and water, as richness may be desired. Let boil at least five minutes. Boiling improves it.

### **To Make Tea**

Measure one teaspoonful of tea for each cup. Let the water just boil and pour over the tea, cover and let stand three minutes; then drain off and serve.

### **Tea, No. 2**

Take one heaping teaspoonful of tea for three cupfuls of boiling water, cover and let stand where it will keep hot for ten or fifteen minutes and serve.

### **Sparkling Lemonade**

Roll and slice half a dozen lemons, put in a large pitcher and pour over a gallon of ice water; sweeten. Pour in glasses and stir in a little soda.

### **Strawberry Sherbet**

Mash half gallon of strawberries; add a gallon of water and the juice of two lemons; let stand four hours, strain, and add a pound and a half of sugar; stir until dissolved, add ice and drink very cold. Currants or other fruit may be used in place of strawberries.

### **Shrubs**

Mash a gallon of ripe red currants, or other small fruits; pour over a pint of strong vinegar and a quart of cold water; let stand five hours, strain and add a pint of sugar to a pint of juice; let boil and skim; when cool, bottle and seal. A few spoonfuls added to a glass of ice water forms a very cooling drink.



### Southern Negus

Take one quart of red cherries, three pounds of black heart cherries and four pounds of currants; mash and mix all together, and stand away in a cool place for three or four days; strain and boil juice; to every pint add half pound of sugar; let cool and bottle. Add two or three tablespoonfuls to a glass of ice water.

### Lemon Beer

Cut half a dozen lemons in slices, and put into a jar with a pound of sugar and a gallon and a half of boiling water. Let stand until cool and add half a cupful of fresh yeast; let ferment. Bottle and cork very tightly.

### Ice Tea and Coffee

Iced tea and coffee are probably the least injurious of summer drinks. To prepare the former, pour a cupful of boiling water over three tablespoonfuls of tea, set to steep, then add one quart of freshly boiled water. Five minutes later strain into an earthen jug and when cool—not lukewarm—add one or two pieces of ice. Serve with a large quantity of finely chopped ice, granulated sugar and thin slices of lemon. If iced coffee be desired, make a fresh pot of very strong coffee and when cold serve with large quantities of ice and sugar; cream is but seldom used.

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## DAINTY DISHES FOR LUNCH, TEA AND PICNICS

### Deviled Ham

To devil cold ham, cut in slices one-third of an inch thick; season with cayenne pepper, and dip in mustard dressing. Boil a few minutes and serve.

**Ham Fingers**

Cut thin slices of lean, cold boiled ham; cut each slice in strips half an inch wide, dip into a thick remoulade sauce, place four or five on a slice of bread, cover with a top slice, cut into four fingers lengthwise, fold each one in a lettuce leaf, and pile on a napkin.

**To Serve Broiled Squab—for a Meat Course**

Serve broiled squab on plate with one-half peach filled with guava jelly. If out of season, use canned peaches.

**Celery in Mock Aspic**

This is delightful served with cream chicken, and thus the meat of the fowl used for the foundation stock may be utilized. Put a hen on to cook in two quarts of cold salted water; when it is tender remove from the liquor and set aside for creamed chicken or salad. Let the liquor boil down to one quart, or a little less; meanwhile put one tablespoonful of gelatin in half a teacupful of cold water; let stand half an hour, then dissolve with a little boiling water poured over it, and stir into the chicken liquor. To the latter add half a teacupful of port wine, half a lemon, a little grated nutmeg, and cinnamon, cloves and allspice whole, and a little white pepper. In ten minutes remove from the fire, clarify with the white of an egg, return to the fire, let boil up, skim and strain into a pitcher.

With a little of the fat which has been skimmed from the liquor while cooking, grease after dinner cups, small whiskey glasses, or fancy molds. Have the inside blades of celery chipped fine enough to make a quart, season this with salt and white pepper, and half fill the moulds with it; pour over the liquor which must be almost cold, but not cold enough to congeal before it can be poured out. Set the moulds in a cold place, and when ready to serve slip a slender knife around the sides, and turn out on a lettuce leaf. Serve with cream and mayonnaise.

### **Canned Luncheon Beef or Tongue**

The meat should be carefully turned out of the can, sliced neatly with a sharp, thin knife, and disposed attractively upon a platter. The dish may be prettily garnished with parsley, celery tips or cress; and sometimes thinly sliced pickled peppers or sliced cucumbers will be arranged about the meat.

### **Larded Sweetbreads With French Peas**

Blanch and remove the membrane from a set of sweetbreads. Lard with strips of bacon cut three inches long and quarter of an inch wide, using a larding needle for the purpose. Place the sweetbreads in a baking pan with half a teacupful of boiling water and a teaspoonful of butter. Let cook in the oven ten minutes, basting occasionally. When tender sift over them some fine bread crumbs, and return to the oven to brown. Meanwhile turn a can of small French peas in a stew pan with a teaspoonful of butter, half teaspoonful of salt and a little pepper; let get thoroughly hot. When ready to serve, place the sweetbreads in center of hot dish and the peas around them. Should be served at once.

### **Sweet Potato Croquettes**

Parboil, or bake, two medium sized sweet potatoes, and mash to a smooth paste. Measure two teacupfuls of this and mix with it a half teaspoonful of salt, one of sugar, two tablespoonfuls of cream or rich sweet milk, and two eggs. Make into oblong rolls, using one rounding teaspoonful for each croquette. Roll in egg and biscuit crumbs, and fry in boiling lard. They are much more easily handled if a wire basket is used.

### **Timbales**

In a granite boiler five or six inches in diameter and the same in depth, place two pounds of lard. Set this over a brisk fire. Have the timbale iron thoroughly cleaned and smooth (no rust on it) and put in the vessel containing the lard.



Make a batter thus: Break into a small bowl two eggs; add to these a half teacupful of sweet milk, half a teaspoonful of salt, same of sugar. Measure one teacupful of unsifted flour (not packed) and sift into the bowl. Now beat these together to a smooth batter, then add one teaspoonful of whiskey or rum.

By this time the lard should be boiling; when a blue smoke arises from it, it is hot enough to begin to cook the timbales. Have an Irish potato peeled and sliced and put a piece of this in the lard occasionally to keep the latter clear; remove the potato when it gets very brown and put in another piece.

Fill a teacup two-thirds full of the batter; lift the iron from the hot lard, drain it a moment on paper, then dip slowly two-thirds down in the cup of batter, and out again and down in the boiling lard. Let stay half a minute, when it should be brown. Slip it from the iron on twenty-four timbales.

### **Salmi of Chicken**

Take minced cold chicken and moisten well with drawn butter; season with celery, salt and pepper and heat the whole. Cover the bottom of the baking dish with bread crumbs; add to the chicken a beaten egg and lemon juice to flavor, and pour into the dish. Sprinkle bread crumbs over the top, together with pieces of butter, and bake a nice brown.

### **Oyster Cocktail**

For one hundred small oysters, which should serve twenty persons, prepare the sauce as follows: The juice of six lemons, two-thirds of a teacupful of mild cider vinegar, four tablespoonfuls of tomato sauce, two of Worcestershire sauce, half a teaspoonful of tobasco sauce, one teacupful of the liquor from the oysters, strained, and one teaspoonful of salt, and if liked very hot, tobasco sauce to taste. Mix in a porcelain lined or a granite pitcher, and set in the refrigerator, or in a cool place until ready to serve.



### Rich Croquettes

With one teacupful of well cooked, salted, cold rice mix two eggs, one teacupful of cream, and a little white pepper. If needed, add a little salt. Roll in egg and biscuit crumbs, and fry in boiling lard.

### Potted Chicken

Open a small can of potted chicken, moisten it with catsup or chutney sauce; add a heaping tablespoonful of butter, some celery salt and a little pepper. Heat in a chafing dish and eat with buttered biscuit.

### Sweetbreads and Mushrooms Creamed—Served in Patty Shells or Timbales

One pound of sweetbreads, washed and set aside in cold water; one can of small button mushrooms; three fresh eggs; one teacupful of fresh sweet milk, and half teacupful of cream; one tablespoonful of fresh butter, a heaping tablespoonful of flour, and sherry; one tablespoonful of salt, and a quarter teaspoonful each of cayenne and white pepper.

Carefully remove from the sweetbreads the membrane and pipes; as this is done throw them into fresh water; rinse in a third water, then place in a porcelain lined, or a granite stew pan; cover with boiled salt water and let cook rapidly for ten or fifteen minutes, when they should be tender. When cold, chop fine (using a meat grinder with a coarse cutter on, if convenient), and turn again into the stew pan and set aside. Open the mushrooms and drain the liquor from them; put aside one-third of these with which to garnish, and chop or grind the balance; place in a stew pan with half a teaspoonful of butter. Fifteen minutes before serving pour the cream over the sweetbreads and set the vessels containing this and the mushrooms on the back part of the range to get hot. In good-sized porcelain lined or granite pan put the butter and set over a quick fire; when the butter melts sift into it, stirring constantly, a tablespoonful of flour. When

this is smooth, turn into it quickly the teacupful of milk; stir until the consistency of thick cream; add salt and pepper, then turn in the sweetbreads, and in a minute or two the mushrooms. The mass must be stirred slowly, but constantly. Now break in the eggs quickly, stirring more rapidly; when thick add the sherry; taste to see if seasoned correctly, then serve hot in patty shells or timbales, placing on top of each two or three of the whole mushrooms, which have been heated in a little butter, and a sprig of delicate green parsley, celery or endive.

If desired, this may be served in a large pastry shell—like *vol-au-vent*—a top crust being baked separately from it, just as are the little tops for patties.

### **Ham Croquettes**

Two teacupfuls of grated ham, one cupful of cracker or bread crumbs. Season to taste with a little butter, mustard, pepper and Worcester sauce. Roll the balls first in egg, then in cracker crumbs and fry in boiling lard.

### **Brain Croquettes**

Remove the membrane from a hog or veal brain, wash thoroughly and parboil twenty minutes; then drain and stir them with a teacupful of cracker crumbs into three eggs (well beaten). Make into cakes, roll in egg and cracker crumbs, and fry in boiling lard. Drain on brown or blotting paper, and serve on a napkin. Garnish with parsley.

### **Cutlets of Calves' Brains**

Lay the brains in cold water to whiten. Put them in a stew pan with a little water, a tablespoonful of vinegar, an onion, two or three cloves, a little white wine, salt and white pepper. Simmer the brains half an hour, then lay them on a sieve to drain. When cold, cut them in slices and dip them either in egg and bread crumbs or butter, seasoned with salt and pepper. Fry them in pure lard. Serve as a side dish, or accompaniment to any delicate vegetable.

### Fig Eclairs

Make a premium white cake, using half the measure, and bake in two square layer cake pans. The cakes, when done, should be an inch and one-half thick. Cut into hearts, or squares, two and one-half inches in diameter with patty shell cutter. Use the smallest cutter belonging to the set to cut the center from each little cake, being careful not to cut quite through the bottom crust, thus making a cavity for the filling.

Have ready the filling made thus: Chop fine, or grind in a meat cutter, one pound of dried figs. Put these on to cook in a porcelain lined pan, with half teacupful of sherry wine; when tender, add one teacupful of sugar. Let cook to a jelly—about ten minutes after the sugar is added. When cold fill the cavities in the cakes, handling the latter very carefully. Ice the tops of the cakes with plain icing; when this dries, ice the cakes on top and sides. If boiled icing is used keep the bowl in which the icing is made in larger vessel of hot water, stirring frequently. When this is done the icing keeps smooth and soft, so one is not so hurried in using. If it begins to harden too quickly stir in the unbeaten white of one or more eggs.

If preferred, the small cakes may be cut in half and the filling put in just as layer cake is made. Then only the icing will be necessary.

### Cotolettes en Papillote

Cut your mutton into slices half an inch thick and put each slice into a well buttered and frilled strip of white paper. The dipping in melted butter prevents their burning. Roll the cotolette up in paper to preserve the gravy, broil them on the gridiron and serve them up in the paper.

### Anchovy Paste

Rub to a smooth paste, with mayonnaise No. 2, as many anchovies as are needed.



### **Mutton Cutlets With Mushrooms**

Cut the best end of a neck of mutton into neat cutlets, trim them, and beat them out with a wet knife; brush them over with some good salad oil, and broil them over a clear fire. Serve them around a puree of mushrooms, with some good sauce around, but not over them.

### **Puree of Mushrooms**

Wash well, dry and chop finely one pint of good mushrooms, and set them on the fire with about one ounce of butter. Let them cook at the side of the stove eight or ten minues, and add two tablespoonfuls of fresh bread crumbs, pepper, salt and a good spoonful of brown sauce. Bring it to a boil, mix in a teaspoonful of finely chopped parsley and serve.

### **Beef a la Mode**

Take a piece of the round, make in it deep incisions and force into them small thin squares of pork, which have been rolled in a seasoning of pepper, salt and spices; then into a stew pan containing sliced onions, a few slices of lemon and thin slices of pork, lay the roast, putting over it a crust of pastry; over it all, pour water, with a little vinegar, to about half cover the meat. Cook till the meat is quite tender, taking care to keep the raw covered while cooking.

### **Beef Loaf**

To one pound of raw beef, chopped fine, three soda crackers rolled and sifted (dry bread crumbs will answer), add salt and pepper, and one egg well beaten; work together until thoroughly mixed. Form into a loaf by pressing into a bowl and turning out on a buttered tin; rub a little butter over it and pour on a large cupful of canned tomatoes. Bake three-quarters of an hour, basting frequently with the tomatoes. Veal loaf may be prepared the same way.



### **A Nice Way to Use Cold Meat**

When you have a little meat left from dinner, mince it, grate and add to it half as much of bread crumbs, and season with pepper, and whatever herb you fancy, with a little celery seed. Add a wineglassful of good stock or beef extract. Place these ingredients in a mould that they will about fit, and pour over it sufficient dissolved gelatine to nearly cover it. Steam for an hour, set aside to cool and turn out.

### **Boned Turkey With Fruit Jelly**

Tinned turkey, whether put up with or without meat jelly, invariably makes a palatable dish. It should be neatly sliced and served with currant or cranberry jelly or with spiced plums, grapes, or currants. Any garnish that may be at hand, such as cresses, celery tops, or parsley, may be arranged upon the platter and over the turkey.

### **Mayonnaise of Cod**

Pick cold boiled cod into large flakes, cover it with a mayonnaise dressing, garnishing it with cold boiled eggs cut in slices. Nasturtium leaves and blossoms make a pretty border for this salad.

### **Fish Patties**

This is an excellent way of using any cold fish which may be left over from dinner. Free from bones and shred fine a pint of fish, add to it one quart of milk, two eggs, one teaspoonful of flour, mixed smoothly with a little milk. Season with pepper, salt and nutmeg, one-quarter of a teaspoonful of each. Mix the milk, flour, eggs and spice smoothly together. Set it over the fire and stir until it is as thick as cream. Put in a deep baking dish alternate layers of salt, fish, and bread crumbs, in the order named, and set in the oven until it is slightly browned. Very little time is required. An excellent dish for breakfast, lunch, or tea.

### **Jellied Veal**

Take a knuckle of veal, wipe, put in a kettle, cover with cold water and bring slowly to a boil; skim and let simmer for two hours; add a slice of onion, a blade of mace, a dozen whole cloves, half a dozen peppercorns, half a teaspoonful of ground allspice and one grated nutmeg, let simmer gently for one hour longer. Take the joint of veal up, remove the bones and gristle, put the meat in a square mould, strain the liquor, and boil until reduced to one quart; add half a teacupful of vinegar, the juice of a small lemon, with pepper and salt, pour it over the meat and stand aside overnight to cool. When ready to serve, turn carefully out of the mould; garnish with parsley and thin slices of lemon. Slice very thin.

### **Frog Legs**

The hind legs of the large, green bullfrog are cut from the body, skinned, salted and fried in boiling lard.

### **Liver Pudding**

Boil a pound of calf's or hog's liver, with half pound of the thin part of middling or breast of fresh pork. When done, mince fine or run through a meat chopper; remove all skin and stringy parts. Season rather highly with red pepper, onions and salt. Stuff like sausage, or make into cakes, and fry in boiling lard. To keep this, follow directions for keeping sausage.

### **Pate de Foie Gras—Home Made**

Boil a calf's liver until tender, in slightly salted water; cut it in pieces, and rub gradually to a paste with melted butter, then work into it a little cayenne, half a nutmeg, cloves, mace, teaspoonful of Worcester sauce, the same of French mustard, a little salt, and a tablespoonful of boiling water, in which a large onion has been steeped. Serve cold, with buttered rolls or milk.

### Luncheon Eggs

Boil a dozen fresh eggs for fifteen minutes; throw them in cold water for ten minutes, and remove the shells; cut the eggs in halves lengthwise. Take out the yolks, and rub to a paste with a tablespoonful of French mustard, two of anchovy paste, one of olive oil, with salt and cayenne to taste. Fill the hollows of the whites with this mixture, press together, arrange on a bed of cress in a large dish, and drop a teaspoonful of mayonnaise on each.

### Eggs and Oysters

Boil eight eggs for fifteen minutes; remove the shells, take out the yolks and cut up the whites. Put a tablespoonful of butter in a frying pan, and set on the stove to melt; sift in a tablespoonful of flour, mix smooth, thin with half a teacupful of cream and stir until ready to boil; add the chopped whites of the eggs with half a dozen chopped oysters; season with salt and pepper and stir until well heated; add the yolks, let cook four minutes longer and serve very hot.

### Deviled Crabs

Boil as many crabs as will furnish six ounces of meat. When cool enough to handle, remove the meat from the shells, cut it into small pieces, and clean the shells thoroughly. Add to six ounces of the crab meat two ounces of bread crumbs, two hard boiled eggs chopped, the juice of half a lemon, a little cayenne pepper and salt. Mix the whole with cream sauce, fill the shells, sprinkle them with bread crumbs and set in the oven until slightly browned.

### Pickled Fish

Pick any kind of cold boiled fish to pieces, and cover it with vinegar, to which you have added salt and pepper, a pinch of ground cloves, a teaspoonful of lemon juice and a half teaspoonful of onion juice. Let it stand ten hours before using.



### **Lobster Salad**

Cut a small piece from the top of a French roll, and remove the inside. Cut cold lobster into pieces about the size of dice, mix it with mayonnaise dressing, and fill the cavity in the rolls, covering with the piece which has been removed. A pretty way of serving, which also secures the cover firmly, is to tie baby ribbon around the roll, finishing with a pretty bow on top.

### **Small Savory Molds**

If there is sufficient cold game at hand, left over, it will answer the purpose. Free the meat from bones and skin, season it to taste with salt, cayenne and pounded mace, and cut into small, neat dice; cut also in like fashion about two-thirds the weight of lean cooked ham, and have ready some clear, nicely flavored aspic jelly in a liquid form. Take the required number of small cup moulds, and pour a little of the jelly in the bottom of each; when this has stiffened, put in some of the game and sprinkle it over with rough chopped parsley and hard boiled egg, then cover with part of the ham, and repeat in this manner until the moulds are sufficiently full—always remembering to put in the meat quite loosely. Fill up the moulds to the top with jelly, and set in a cool place until firm. Turn out and arrange on a pretty dish; lay a dainty little shape of red currant jelly on the top of each mould; garnish with fresh parsley and serve.

These molds are equally delightful if made with a mixture of veal and ham, ham and chicken, or lobster—only in case of lobster being used, the hard boiled egg would be dispensed with, and the seasoning must be appropriate.

### **Anchovy Fingers**

Rub two ounces of butter into six of fine sifted flour until smooth, then add a teaspoonful of anchovy essence, a pinch of cayenne, a well-beaten egg, and as



much cold water as will form the whole into a nice, light paste; roll this out very thin, prick it closely with a fork, cut it in strips about two and a half inches long by one and a quarter wide, and bake on a baking sheet, in a moderate oven until done. When quite cold put the fingers together in twos with a layer of anchovy butter between, and brush the top over with a little liquid aspic jelly; before this has time to set, sprinkle part of the fingers very lightly with some very finely minced parsley; part of the yolk of a hard-boiled egg rubbed through a sieve; others with lobster coral, and the remainder with the white of the egg very finely chopped, or cut in tiny strips. When the jelly has become quite firm, dish up the fingers in twos, on small plates, taking great care to make the colors contrast prettily; garnish tastefully with sprigs of fresh parsley and serve.

### A Mexican Dish

Take a deep earthenware dish (always be sure to use earthenware, as even the finest metal imparts a poor flavor to the tomato), pour into it a cup of cream; having cut very thin slices—they must be cut as thin as wafers—of egg-plant, salt them liberally and line the dish with them; next slice two large, ripe tomatoes, and place a layer of these on the egg-plant; next a layer of macaroni; sprinkle this with half a dozen lumps of good cheese about the size of a thimble; as many of sweet, fresh butter; pepper it thickly; again cover this with more slices of tomato, and a top layer of egg-plant and be sure that both of these latter are well salted and peppered. Now set your dish in a slow oven, let it cook gently for one hour and twenty minutes; take it out; pin in a fringed napkin—for it must be served in the dish in which it has been cooked, and with a joint of beef, with roast lamb or veal, it will be found indeed a royal tasting compound.

### **Aspic Jelly**

One pound of uncooked beef, a knuckle of veal, one-fourth pound of bacon, one slice of turnip, one slice of parsnip, two cloves, tablespoonful of butter, one onion, one-half carrot, a stalk of celery, six peppercorns, one blade of mace, a chip of lemon rind, two quarts of water, three whole allspice, one tablespoonful of Worcester sauce, salt to taste. Put the bacon in the bottom of a soup kettle, let it brown, then add the onions cut in slices; stir until a nice brown, then add the butter, and when hot, the beef; cover the kettle and let it simmer until a thick, brown glaze is formed in the bottom of the kettle; then add the veal and water and simmer gently for two hours. Now add the vegetables, Worcester sauce, spices and lemon rind and simmer two hours longer. When done it should be reduced one half. Strain and clarify the same as bouillon. Turn into a square mold or the small aspic jelly molds. If you use a large mold, cut the jelly into blocks.

### **Salmagundi**

One dozen tomatoes, four cold Irish potatoes; one small onion, two or more blades of celery, three hard-boiled eggs. Slice the tomatoes and salt them; chop fine the potatoes, onion, celery and eggs, salting and peppering each separately. Then mix and pour over it one teacupful of good apple vinegar. This is considered very fine.

### **Tomato Mayonnaise**

Scald and peel a dozen select tomatoes of even size and fine color. Cut out enough of the blossom end to admit of the insertion of the dressing. Prepare the mayonnaise as directed for Mayonnaise No. 2. Arrange the tomatoes on a flat dish, heap the mayonnaise in each one separately and surround the whole with crisp lettuce leaves. No dish is prettier or more tempting at a summer tea table.

### **Cheese Blocks**

Two ounces of cheese, grated, two ounces of fresh butter, two ounces of flour, season to taste with salt, cayenne, pounded mace and form a stiff paste. Roll out thin as possible, then cut part of it into strips, or straws, about four inches long and not more than the third of an inch wide, and stamp out the remainder into rings about an inch in diameter. Place both straws and rings on a greased baking tin and bake for a few minutes in a brisk oven until colored. When quite cold, put into each ring as many straws as each will hold, and serve, tastefully arranged on a pretty dish paper, and garnished here and there with tiny sprigs of fresh parsley.

### **A Very Nice Relish**

Cut a small hole in the top of a large tomato, and fill with chopped cucumber, onion, cabbage, or cauliflower and the tomato taken out; and serve on a lettuce leaf with mayonnaise and parsley chopped with onion and vinegar.

### **Curds With Cream**

Press the whey from the clabber through a perforated tin mold. When thoroughly dry (that is, all the whey is out, and the curds are caked), turn out; garnish with water cress and serve with cream sauce flavored with nutmeg. One gallon of milk makes a moderate dish.

### **Apple Sago**

Ten or twelve apples; three-quarters of a cupful of sago, a pinch of salt. Pour two or three cupfuls of boiling water over the sage and let boil until thoroughly done. Sweeten to taste. Pare and cover the apples, pour the sago over them and set in the oven until the apples are done. This is better eaten cold. Serve with cream.



### Stuffed Tomatoes

Select a number of ripe, good shaped tomatoes. Remove an even slice from the smooth ends of each; take out with a small spoon the pulp and juice, and put these in a dish. Prepare a favorite forcemeat; fill each tomato nearly full of the forcemeat. Replace the slices which were cut off. Put them in a pan and pour over them the pulp and juice, strained; add five or six small pieces of butter; bake from twenty to thirty minutes, or longer if necessary. If baked too fast or too long, they will lose their shape and firmness. When done, slide them with a flat, tin shovel from the pan to a flat dish. Of different forcemeats, used with tomatoes, the following one is preferred by the writer: Quantity of crackers according to the number of tomatoes used; crush them very fine with a rolling pin; put in a dish and season to taste with salt, pepper, celery, thyme and butter; scald with boiling hot water, using enough to make it thick and smooth.

### A Spanish Dish

Put a deep frying pan on the fire, with a generous allowance of either good butter or fresh lard. The frying pan to do its work correctly must be as hot as it can be. Meanwhile take four fresh eggs, break them and beat well; add to these half a small onion, a piece of butter the size of a walnut, a dash of cayenne, and a little cinnamon. Now take four fresh eggs, break them and beat well; add to these the pulps of three tomatoes. Next melt a lump of cheese as large as a silver dollar, and pour in quickly with the beef; stir the mixture well, and put in a hot frying pan. Saute it; that is, keep it tossing about in the pan, letting it have no chance to brown, or let it burn, but seeing that it is thoroughly cooked, which will be in about twenty minutes. Serve it on a hot, covered dish, and garnish with slices of cold boiled eggs, dipped in mayonnaise.



### A Yankee Dish

Baked beans are good for supper if they have pepper sauce poured freely over them. Eat them with plain white onion pickles.

### Salted Almonds

Shell one pound of almonds; cover with boiling water; let stand five minutes; remove the skins and dry thoroughly. Put in a large pan a small piece of butter, and when melted, turn in the almonds, stirring rapidly until every nut is shining with butter. Then sprinkle over them a tablespoonful of salt, mixing so that every nut shall be coated. Then put the pan on the bottom of the oven and let it remain (shaking and stirring frequently, until the nuts are a light yellowish brown, when they will be crisp and delicious.

### Welsh Rarebit

Quarter of a pound of rich cream cheese, quarter of a cupful of cream or rich milk, one teaspoonful of mustard, half a teaspoonful of salt, a few grains of cayenne pepper, one egg, one teaspoonful butter, four slices of toast. Grate or break the cheese into small pieces; put it with the cream into a double boiler; toast the bread, and keep hot; mix mustard, salt and pepper; add the egg, and beat well. When the cheese is melted, stir in the butter, eggs, etc., and cook two minutes, or until it thickens, but do not let it curdle; pour it over the toast. White wine may be used instead of cream.

### Cheese Souffles

Grate three pounds of Parmesan cheese, whip half a pint of rich cream, and a tablespoonful of aspic jelly together until frothy; add the grated cheese, season with a dash of cayenne, a little salt, and a few drops of French mustard; fill the little moulds with the mixture, grate cheese over the tops, and set on ice to get firm.

### **Savory Cheese Pie**

Put a small cupful of grated cheese into a saucepan with a cupful of milk and a small piece of butter. When melted, add a cupful of bread crumbs, two beaten eggs, and a little salt. Pour into a buttered pie plate and bake until brown.

### **Cheesed Crackers**

Snow flakes, or any other dry crackers can be made more palatable this way: Spread the butter on them; sprinkle with grated cheese; put in a hot oven and slightly brown. Serve cold. They are nice with after dinner coffee, or for lunch.

### **Scalloped Cheese**

Place in a baking dish a layer of fresh oyster crackers, then a thin one of grated cheese, and a little butter, then the crackers, cheese, etc., until the dish is full. Pour over enough sweet milk to cover—and bake twenty minutes. Delicious.

### **Milk Luncheon or Tea**

Nowadays, when fresh milk is a fashionable drink at luncheon, or at afternoon teas or at suppers, the hostess who likes the milk to look dainty will serve it in tall thin glasses—not goblets—and have shaken over the top a fall of nutmeg.

### **Sallie Lunn**

One quart of flour, one egg, one yeast cake, lard size of small hen egg, dessertspoonful of sugar. Beat the yolks of eggs with the sugar and lard; dissolve the yeast cake in half a teacupful of tepid water, and add; then sift the flour and one teaspoonful of salt, and make a very stiff batter with a little milk-warm boiled milk. Set by fire to rise. In three or four hours, work and make out in pan, one layer at the bottom, greased with a little lard and the other layer on top of that. Set to rise and then bake.

### **Sandwich Filling**

Mash into Roquefort cheese half as much butter. When it is smooth add red pepper to taste and spread on toasted biscuits.

### **Non de Scripts, No. 1**

One egg and a pinch of salt; beat slightly and stir in flour till stiff enough to roll very thin; cut in strips and fry in boiling lard to a nice brown; sprinkle with powdered sugar. Nice for tea.

### **Non de Scripts, No. 2**

Yolks of three eggs beaten quite light; a pinch of salt and sufficient flour to make the mixture rather stiff. Roll as thin as tissue paper, cut into strips four inches long, and an eighth of an inch wide; have them joined at top. Fry a light brown in boiling lard. Sprinkle with powdered sugar as soon as taken up. A nice dish for tea.

### **Cream Puffs**

Beat three eggs five minutes; add one teacupful of sifted flour slowly, alternating with sweet milk, using one pint; add level teaspoonful of salt, and one of melted butter. Grease and fill patty pans half full; bake in a quick oven. These are delicious. Serve hot.

### **Cream Meringues**

Four eggs (whites only) whipped stiff with one pound of powdered sugar, flavored with vanilla or orange. When very stiff heap in the shape of half an egg upon stiff letter paper lining the bottom of baking pan. Have them at least a half inch apart. Do not shut the oven door closely; as they burn very easily. Watch closely and when a light yellow-brown take them out and cool quickly; slip a thin bladed knife under each, scoop out the soft inside and fill with cream whipped very stiff as for Charlotte Russe. The oven should be very hot.



### **Laplands**

One quart of cream, one quart of flour, twelve eggs and a little salt. Separate yolks from the whites and beat until light. Stir the cream into the flour, and add the yolks and lastly, the whites. Then put them at once into a quick oven. Bake in small tins, which should be perfectly dry before being greased, after which a little flour should be sprinkled over the bottom of each. Fill the tins full of batter and eat hot with nice butter.

This recipe is marked with faded ink in an old book "Delicious," and below was added the quaint and suggestive bit of advice: "Try to restrain your appetite while eating." Serve as a lunch dish with hot sauce.

### **Love Knots**

One egg and a pinch of salt; beat slightly and stir in flour to make a dough; a little salt; cut thin and tie in knots; fry in boiling lard.

### **Rolled Bread and Butter**

The bread required for this purpose must not be more than twenty-four hours old, and it must be spongy and elastic. The loaves may be baked either round or square, but to be really nice they should not measure more than five and one-half inches in diameter. Cut the slices just as thin as is possible to cut bread, using a very sharp knife for the purpose so as to cut smoothly, and remember to butter them previous to cutting. Remove the crust—unless it is exceedingly soft and thin—and roll each slice up lightly in bolster form, handling it very gently, yet firmly, and just pressing it sufficiently to make the folds adhere. A little patience is necessary in order to do this satisfactorily, but "practice makes perfect," and it is well worth persevering, as the dish proves a most welcome one in many ways. The English patronize rolled bread and butter very largely at "afternoon teas,"



which is a good idea, as the ladies can enjoy the refreshments without removing their gloves. The rolls should be arranged in pyramid form on a pretty lace dish paper, and be garnished around the base with tufts of fresh green parsley. For light luncheons, and suppers, too, it is frequently served, the bread then being spread with some very savory butter, shrimp, sardine, anchovy, etc., instead of just the ordinary. The outside of the rolls should then be sprinkled lightly with finely minced parsley and lobster coral or very bright red crumbs, and should be dished up tastefully on a flat bed of crisp, well-seasoned water cress—the latter, of course, to be eaten with the bread if desired.

### **Meringues**

Add to whites of four eggs, well beaten, half a pound of sugar, flavor to taste, drop on buttered paper and bake.

### **French Puffs**

Take a pint of new milk; boil half, and mix the other half very smoothly with four heaped tablespoonfuls of fine flour; then add it to the boiling milk and boil until it is a stiff paste. When cold, take the yolks of five eggs, the whites of two, a tablespoonful of pulverized sugar and beat the whole into a light batter; then drop it from a spoon into boiling lard, fry a light brown and serve it up with sifted sugar over each. A small piece of any candied fruit may be dropped into each spoonful of the batter.

### **Cranberry Puffs**

One pint of cranberries, one pint of flour, two teaspoonfuls of baking powder, one level teaspoonful of salt, two eggs; add enough sweet milk to make a batter a little thicker than for cakes. Grease six or seven teacups thoroughly with butter. Fill half full, set in steamer closely covered and steam an hour. They will come out perfect puff balls. Serve with sauce; they are spongy and will absorb a great deal.

## THE CHAFING DISH

This is something that has been resuscitated; something that our grandmothers prided themselves on managing with dexterity. We are finding that it is something that cannot be improved upon, hence it grows more popular every day. We have culled recipes from some of the best cooks in our land, and assure those who try them, success if the directions given are followed. When purchasing a chafing dish do not think a silver plated the only desirable one; a good one of block tin or copper, if preferred, will answer every purpose.

It is advisable to buy cheap graniteware plate to use when anything is to be fried, as the intense heat will be likely to melt tin.

When using a chafing dish, remember the flame is intensely hot; be careful, therefore, that what you cook be not overdone or burned. Wash the dish as soon as possible after using and place in the sun. The wicks of the lamp should be kept quite low; do not light until everything is ready; extinguish the minute it is not needed, and be sure to cover the lamp completely. If this is not done the alcohol will evaporate. Miss Parloa says: "Once begin to use the chafing dish, and the variety of savory dishes you can cook—all of which can be cooked on the ordinary range—will surprise you."

In serving, all the dishes should be hot. Toasted bread or water crackers should be served with most of the things cooked.

### Bombay Toast

Have ready six slices of toasted bread, one tablespoonful of chopped olives, one of anchovy paste (made of minced anchovies and mustard dressing), one heaping tablespoonful of butter, a pinch of cayenne and two

of salt. Break the eggs into a bowl and beat well; add salt, pepper, and olives. Put the butter in the upper pan of the chafing dish and place over the boiling water; as soon as this melts stir in the eggs and paste; continue to stir until a creamy mass, then remove from the water and stir for half a minute. Spread on the toast, cut into squares and eat at once. Have the wicks of the lamp low.

### Chicken Sandwiches

One pint of minced chicken or game, one teaspoonful of deviled ham, one of salt, one of flour, one of curry powder, a teacupful of sweet milk, pinch of cayenne and one teacupful of butter. Put half the butter in the granite-ware pan; when it melts stir in the flour and curry powder; when smooth and creamy gradually stir in the milk; add the pepper. Sprinkle the salt on the meat; stir this with the ham into the mixture, and cook for five minutes. Put in a covered dish and keep hot. Cut eight slices of bread in halves; put rest of butter in the granite pan; when smoking hot, put in several slices of bread at a time, and brown on both sides, until all are fried. Spread half a slice with the hot meat, and place another slice on top of it. Serve very hot.

### Creamed Dried Beef

Pour a quart of boiling water over a half pound of sliced dried beef; let stand five minutes, then drain. Put a tablespoonful of butter in the granite pan, and put over the lighted lamp. When hot put in the beef, and stir until it begins to curl up; add half a teacupful of milk; thicken with a smooth paste, made with a teaspoonful of flour and some milk. Let boil up well, then serve.



### **Blanquette of Chicken**

One pint of cold chicken, cut in small pieces, one teacupful of sweet milk and cream mixed, one tablespoonful of butter, and one level full of flour; salt and pepper to taste; one teaspoonful of essence of beef, yolk of an egg. Put the butter in the granite dish over the lighted lamp; when melted, stir in the flour; gradually add the milk and cream. When this boils up, add the chicken, well seasoned with salt and pepper. Place under this a pan of hot water, cover and cook ten minutes. Beat the egg well; add to it a little cream; stir this into the chicken and cook one minute; pour over a teaspoonful of lemon juice, and serve. Chicken stock may be substituted for the sweet milk.

### **Hash**

Make a cream sauce in the chafing dish; add to it two teaspoonfuls of mixed boiled chicken, or pork, and cook twenty minutes. Place in the dish over boiling water when the meat is added.

### **Creamed Potatoes**

One pint of cold Irish potatoes sliced very thin, one tablespoonful of butter, one heaping teaspoonful of flour, three gills of milk, one teaspoonful of salt and one-fourth teaspoonful of white pepper. Put the butter in the granite dish over the lamp, when it melts add the flour and stir until smooth and frothy, then the milk slowly; season with salt and pepper. When the sauce boils up, add the potatoes and boil five minutes, stirring once or twice; have lamp wicks low.

### **Mushrooms Stewed**

Wash quickly some fresh mushrooms; remove the stalks. For a pint, place in the upper pan one tablespoonful of butter, cut the mushrooms into this, and sprinkle over them half a teaspoonful of pepper and one of salt. Have the wicks low, cook gently ten minutes, and serve on toast.



### Teal or Summer Duck

Butter the duck quite thickly, and sprinkle with salt and pepper. Put in the pan a lump of butter the size of a walnut, a scant teaspoonful of Worcester or mushroom sauce and a little water.

Put the duck in on top of the butter, etc., close tightly, and cook ten or twelve minutes, basting occasionally. In preparing the duck for cooking, use as little water as possible and split the bird open as if you were going to broil it.

### Canned Tomatoes

Put a tablespoonful of butter and a teaspoonful of flour in the upper dish. Stir over the lamp until the butter bubbles; add one pint of canned tomatoes, salt and pepper to taste. Cook for ten minutes, stirring frequently. A little sugar may be added if liked.

### Lamb's Kidney Saute

Wash four kidneys, remove the skin and hard white cores, and cut them into thin round pieces. Have the lamp wicks low. Place the granite pan over the lamp, and put into it two tablespoonfuls of butter and one teaspoonful of flour. Stir until the butter begins to bubble; then put in the sliced kidneys, and season with a teaspoonful of salt and a little pepper. Stir with a fork for three minutes, turning the pieces of kidney over. Now add two tablespoonfuls of lemon juice and a gill of cold water. Stir until the sauce begins to boil. The meat must never boil or fry rapidly, as a high temperature will harden it. Serve with toast. Instead of the lemon and water, there may be added to the kidney half a pint of stewed tomatoes, cold. When this begins to boil, serve at once.

### Chicken Livers en Brochette

Prepare these just as one does "Little Pigs in Blankets," wrapping half a liver in each slice of bacon.

### **Venison Steak**

Cut the steak in inch thick slices. For one pound of steak put in the granite dish a heaping teaspoonful of butter. Place over the lamp, and when the butter begins to brown lay in the steak and sprinkle with salt and pepper. Let cook for six minutes, turning four times. Keep covered while cooking. Serve on hot plates and serve with hot, fried potatoes, or with lemon, a clove, jelly and cayenne.

Slices of rare, cold roast can be prepared as in the foregoing recipe, cooking four minutes. For venison, have the wicks of the lamp high.

### **Deviled Oysters**

Put a tablespoonful of butter in the granite pan, light the lamp and keep the wick high; when hot add a dozen oysters, four teaspoonfuls of lemon juice, one of salt, one of mustard and half saltspoonful of cayenne. Stir three minutes; then serve on hot toast.

### **Little Pigs in Blankets**

Cut slices of breakfast bacon so thin that one can see through them. Wrap an oyster in each slice of bacon, and fasten it with a wooden toothpick. Light the lamp, having the wicks rather high, and place the granite-ware dish over it. In a few seconds put in as many "little pigs" as will lie flat on the bottom of the pan. Turn constantly with a fork until they are brown on both sides; serve at once on slices of toast. With a dish of common size, six or eight can be cooked at a time.

### **Oyster Saute**

Drain one quart of oysters and put them in the graniteware dish. Light the lamp and place the dish over it. Put in one teaspoonful of salt, one-fourth of a teaspoonful of pepper and two tablespoonfuls of butter. Stir the oysters until they begin to curl at the edges, then serve on slices of toast.

**Curried Oysters, No. 1**

Put one solid quart of oysters in the upper pan and place this over the pan of hot water. Light the lamp and let the oysters cook until they curl at the edges. Then take off the pan and drain the liquor into a bowl. Now put into the granite-pan one tablespoonful of butter, one of flour and one slice of onion and one tablespoonful of curry powder. Stir until smooth and frothy; then gradually one cupful of the oyster broth and half a cupful of milk or cream, stirring constantly. Season with salt and cayenne to taste. Remove the onion. Let the sauce simmer three minutes, add the oysters and cook one minute longer. Serve at once.

**Curried Oysters, No. 2**

Drain one quart of oysters thoroughly. Heat for a few moments to draw out all superfluous liquor, and drain again. Set aside in a shallow dish. Mix together with half a teacupful of butter, one teaspoonful of corn starch, one tablespoonful of curry powder, four tablespoonfuls of liquor from oysters, one teaspoonful of scraped onion or onion juice. Heat this mixture in the chafing dish and gradually add two-thirds of a cupful of milk, with which has been mixed a small coffee-spoonful of salt. Stir hard until very smooth, add the oysters and cook for five or six minutes. Serve with rice croquettes.

**Lobster a la Newburg**

One medium sized lobster; one-half pint of sherry; one-half pint sweet cream; one tablespoonful of corn starch. Salt and cayenne to taste. Cut the lobster in small pieces, put in the pan and add the cream and sherry before lighting the lamp. When the mixture is heated add a large tablespoonful of corn starch to thicken the sauce. Add a pinch of cayenne pepper, and salt to taste. Cook until the sauce is sufficiently thickened. Garnish with sliced lemon.



### **English Peas**

Drain a can of peas. Have in the chafing dish a tablespoonful of butter, a teaspoonful each of flour and sugar, a level one of salt. Place over the lighted lamp and stir until the butter begins to bubble, then add the peas and cook for five minutes, stirring with a fork. Then add half pint of rich milk and let simmer ten minutes with wicks low, stirring constantly.

### **Creamed Lobster**

Half a pint of cream, one pint of lobster, cut into small pieces, one heaping tablespoonful of butter, one level full of flour, a grain of cayenne, one teaspoonful of salt and one of lemon juice. Season the lobster with the cayenne and a little more than half the salt. Put the butter in the granite-ware dish and place over the lamp. When melted, add the flour, and stir until the mixture is smooth and frothy; then gradually pour in the cream. When the sauce boils up stir in the lobster. Now put hot water, to the depth of one inch, in the lower pan. Set the upper pan on this and place all over the lamp. At the end of this time stir in the lemon juice and serve at once.

### **Chafing Dish Birds**

Dress as for broiling one dozen birds. Place them in the chafing dish, add half a pound of soft cheese, broken into small bits; scissors half dozen red peppers and scatter them over the birds. On each bird put a small piece of fresh butter; pour in the dish half teacupful of boiling water; cover and steam until tender. Replenish the water if necessary. When tender add the following preparation: In a large tumbler put two tablespoonfuls of Worcestershire sauce, the juice of one lemon, and fill the tumbler with port wine. In fifteen minutes add two cans of small mushrooms, which have been heated and drained, and three minutes before serving add one teacupful of heavy cream. Serve on toast.



This recipe may be used on an ordinary range. When this is done, make a cream sauce (using the cup of cream), and stir it in the mushrooms. Turn this in halves of bell peppers, put bread crumbs on top and set in the oven ten minutes before ready to serve the birds. Serve half a pepper with each bird, the birds being served on crescents of toast, the gravy poured over them.

### **Creamed Oysters**

Cook and drain one quart of oysters as directed in Curried Oysters, No. 2. Put one pint of milk or cream in the upper pan and place it over the pan of hot water. Cover, and cook until fine bubbles appear all over the surface. Mix one tablespoonful of flour with one-third of a cupful of milk. Stir this into the boiling liquid and cook five minutes; then a level teaspoonful of salt, if milk is to be used, one tablespoonful of butter. Season the oysters with a little white pepper and add the cream sauce. Serve at once.

### **Soft Cream Omelet**

Heat in the chafing dish to the boiling point, one teaspoonful of butter, and one-half cupful of sweet milk. Beat six eggs very light, and add to this. As soon as the mixture begins to set, stir, and continue to stir until no liquid is left, it all having been transformed into a delicious, flaky omelet. This can be cooked in five minutes.

### **Beef and Eggs**

Soak a quarter of a pound of shaved, dried beef in a pint of water ten minutes; then drain off the water. Beat four eggs. Put in a tablespoonful of butter in the granite dish and place over the lamp. When the butter is hot, add the beef and stir until the slices curl. Place the dish over the pan of water, and both over the lamp. Add the eggs, and stir until they become thick and creamy. Serve at once.

### **Fried Eggs**

Melt just enough butter to grease the pan; add the eggs, being careful not to break the yolks. Cover and cook until the whites are all set; or longer if you like the yolks hard.

### **Scrambled Eggs**

Break six or eight eggs into the upper pan of the chafing dish; beat them well. Add four tablespoonfuls sweet milk, one of butter, and one level teaspoonful of salt. Have water in the under pan; light the lamp, place the egg mixture over the water, and let cook until done, stirring constantly. Serve at once.

### **Welsh Rarebit**

Break two eggs in the upper pan; beat them well, and add half a pound of soft cheese, broken into small bits, one tablespoonful of butter, salt, mustard, and cayenne to taste, and half a cupful of cream. Stir this mixture well. Put hot water in the under pan; place above it the pan containing the mixed ingredients. Light the lamp, stir the rarebit until the cheese is melted. Extinguish the lamp and serve immediately, on toasted crackers.

### **Beefsteak**

Put a teaspoonful each of butter and Worcester sauce in the pan over the lamp. When hot, lay the steak in butter, and sprinkle with salt and pepper. Cover closely, let cook three minutes, and turn over. It should be cooked ten minutes, being turned two or three times. Chops may be cooked in the same way, only less time will be required. When half done, pour over them one cupful of stewed tomatoes, in which a teaspoonful of flour and two tablespoonfuls of soup stock have been stewed.

## CANDIES

### Cooked Fondant

For cooked, as well as uncooked bon bons of the French varieties, a fondant, or cream, should first be prepared, which may be set aside to be used as wanted. For cooked creams, take four cupfuls of sugar and water on a fire until it reaches the thread degree, then remove the pan to a table. Now take a small spoonful and rub well against the side of a cake bowl, and if it is creamy and will roll into a ball between the fingers, pour the whole into the bowl and beat rapidly with a large spoon or potato masher. If it is not boiled enough to cream, set it back on the range and let it remain as long as necessary, taking care not to cook it too much. It can be made into rolls and sliced off, or packed in plates and sliced off, or worked into any form desired. If, in working, the cream hardens, set it back on the range and let it remain as long as necessary in boiling water. Keep well covered in waxed paper. Do not let it get sugary or coarse.

### English Walnut Cream

Make French cream as previously directed. Have ready some English walnuts, using care not to break the meats. Make a ball of the cream about the size of a walnut, and place a half nut meat upon either side of the ball, pressing them into the cream. Lay aside a few hours to dry.

### Nut Creams

Chop almonds, hickory nuts, butternuts, or English walnuts, quite fine. Take the French creams, and before adding all the sugar, while the cream is quite soft, stir the nuts into it, and form into balls, bars or squares. Three or four kinds of nuts may be mixed together.



### **Uncooked Fondant for French Creams**

These candies are made without boiling, which makes them very desirable, and they are equal to the best French creams. The secret lies in the sugar used, which is the XXX powdered, or confectioner's sugar, and can be obtained at the large groceries. Ordinary powdered sugar, when rubbed between the thumb and finger, has a decided grain, but the regular confectioner's sugar is as fine as flour. These candies are better the day after making.

Break into a bowl the white of one or more eggs, as the quantity you wish to make will require; add to it an equal amount of cold water, then stir in sugar until stiff enough to mold into shape with the fingers. After it is formed into balls, cubes or lozenge shapes, lay them upon plates, or waxed paper, and set aside to dry. This cream is the foundation of all the French creams.

### **Molasses Cream Drops**

Knead a half cupful of fondant until soft and creamy, then work into it a dozen almonds that have been chopped rather fine, then make a plain molasses taffy, pull it until soft and light, divide it into halves and roll one-half out into a cake about half an inch thick, then roll out the fondant, place it on top, then cover this with the remainder of the taffy rolled as before, thus having a layer of fondant between two layers of taffy. Press the layers firmly together and cut into strips a half inch wide, then cut the strips into small drops with a pair of scissors. If the taffy hardens too quickly, a tablespoonful of glycerine may be added to it while boiling.

### **Cocoanut Drops**

Take one pound of desiccated cocoanut, half a pound of powdered sugar, and the white of an egg. Work all together, roll into little balls in the hand, bake on buttered tins.



### **Fondant**

Four teacupfuls granulated sugar, two teacupfuls of hot water, one teaspoonful of cream of tartar.

Stir over slow fire until dissolved, but do not boil. After wiping off all the grainy edges, pour into a pan and boil until it makes a soft ball when tried in cold water. Set aside until it cools, then beat until creamy. When too stiff to beat, knead with the hands. Cut, or mold in desired shapes, and place between damp cloths.

### **Crystallized Cherries, Etc.**

With a quill remove the seed, being careful not to mash the cherries. Make a syrup of half pint of water to each pound of sugar. Let it boil a few minutes; drop in cherries enough to cover the top of the syrup, and boil them five minutes. Take them from the syrup with a wire dipper, and place them on flat dishes and put them in the sun. Continue to add cherries to the syrup until all are boiled. If the syrup becomes thin, add more sugar, and begin with the first cherries and re-boil them until they are clear. Again spread on dishes and let them remain several hours in the sun. Then make a fresh, thick syrup. Dip the cherries in the beaten white of an egg, and then into the syrup, and put them in the sun until dry. Pack in boxes with oil paper between them. Other fruits may be crystallized in the same way.

### **Cream Chocolate Drops**

Boil two cupfuls of sugar and a half cupful of water for five minutes. Add two teaspoonfuls of vanilla, and beat all for an hour, until stiff enough to hold, then make it into balls. Take half a pound of unsweetened chocolate, grate it and steam over a tea kettle, then drop the balls of cream, when hard, into it, one at a time; take them out, scrape off the cream that drops from them and place on a dish. Keep in a cool place. French creams may be used for the balls if preferred.

### **Peppermint Creams**

Make the cream as directed for French cream, flavoring it quite strong with oil of peppermint. Take small bits of the cream and shape into round, flat forms.

### **Some Good Chocolate Caramels**

One and a half cupfuls of grated chocolate, four cupfuls of brown sugar, one and a half cupfuls of cold water, an egg-sized piece of butter, and two tablespoonfuls of acid vinegar. Boil this mixture on a stove over a brisk fire until it becomes brittle on immersion in water. Do not stir, but shake the vessel while boiling. When finished, pour into a buttered and floured dish, and divide off into even squares while soft. A dash of lemon or vanilla, say two tablespoonfuls, gives the caramels a dainty flavor.

### **Pop Corn Balls**

Two cupfuls of molasses, one cupful of brown sugar and a piece of butter the size of a small egg. Make the candy in a large kettle, pop the corn, salt it and sift it through the fingers, that the extra salt and unpopped corn may drop through. It will take four quarts or more of corn that is popped. Then stir all the corn into the kettle that the candy will take and heap it on buttered plates or make it into balls.

### **Marshmallows**

Dissolve half a pound of white gumarabic in one pint of water. Strain and add half a pound of fine sugar and place over the fire, stirring constantly until the syrup is dissolved and all is of the consistency of honey. Add gradually the whites of four eggs well beaten. Stir the mixture until it becomes somewhat thin and does not adhere to the fingers. Then pour into a tin slightly dusted with powdered starch, and when cool, divide off into small squares.

### Cocoanut Candy

Make a "plain icing;" just before it cools stir in two cupfuls of grated cocoanut to each cupful of sugar used. Nuts may be used instead of cocoanut.

### Chocolate Nutballs

Melt an ounce of granulated sugar until it turns a pale brown, add an ounce and a half of nuts of any kind, chopped fine, and stir over the fire for a few minutes. Spread on a buttered dish to harden; and when quite cold the candy is chopped and mixed with an equal quantity of French cream. Flavor with wine—or, if preferred, with vanilla, rose, orange, or lemon—and roll into marbles to be laid aside until somewhat hardened. Then melt some chocolate and proceed as for ordinary chocolate creams, a piece of fresh butter about as large as a hazelnut giving the chocolate a peculiar soft, rich taste.

### Cream Candy

Two cupfuls of granulated sugar, one cupful of water, one tablespoonful of butter; flavor with vanilla. When thoroughly done, pull well, lay on a buttered dish and set it over a boiler, or on front of stove. After remaining there ten or fifteen minutes, it is well creamed and ready for eating.

### Conserve of Roses

Take fresh rose petals, dip them in rose water; mash and boil the juice with an equal quantity of crystallized sugar; color the syrup with a few drops of cochineal, and just before taking it from the fire, drop into it, one by one, large, fresh rose petals. Remove them and put in a buttered dish in the sun to dry. When the syrup has all been used in this way, sift the sugar over the candied petal, and put in jars with brandied paper over them.



### **Cream Almonds**

Place a pound of selected almonds in a sieve, and hold it over the fire, shaking the almonds until they become quite hot. Have ready a syrup made of three cupfuls of granulated sugar, a pinch of cream of tartar, and a teacupful of water, the syrup being cooked until a drop of it can be rolled into a soft, creamy ball in cold water. Remove it from the fire; and while one person shakes the sieve containing the hot almonds, another pours the hot syrup slowly over them. By the time all the syrup is used, the almonds will have a fine, creamy coating. A large pan should be placed under the sieve to collect all the syrup that drips from it. This may be again heated with a little glucose and made into taffy, thus preventing any waste of material.

### **Turkish Nougat**

Stir together two pounds and a half of pulverized sugar, two pounds of glucose, and a fourth of a pound of gelatin dissolved in hot water. Whip or beat the mixture until it becomes light and white, and then stir in slowly two pounds and a half of sugar (cooked to the ball.) Now mix in thoroughly two pounds and a half of almonds that have been previously blanched and dried. Line a box (on the bottom), with paper and pour in the candy, pressing it down to form a compact mass. Lay paraffine paper on the top, and set aside to become cold and dry. The nougat may then be readily slipped from the box and sliced neatly with a sharp knife. The slices should be wrapped in paraffine paper.

### **Pulled Candy**

Two teacupfuls of granulated sugar, two tablespoonfuls of white wine vinegar, two tablespoonfuls of water, one tablespoonful of butter.

Boil over a quick fire until an amber color, then pour on buttered marble. Wash hands in cold water and pull the candy with the tips of the fingers until perfectly white, when it will be very porous.



### Butter Scotch

One cupful of molasses, one cupful of sugar. Boil until done, then stir in nearly half a cupful of butter. Flavor with vanilla.

### Molasses Candy

One cupful of New Orleans molasses, one tablespoonful of vinegar, one cupful of sugar, one ounce of melted butter. Mix all together and boil, without stirring, until it hardens when dropped in cold water; then add a teaspoonful of baking soda and pour into buttered tins; or, when cool, pull and cut into sticks. While pulling, brush the hands with butter or moisten them with iced water.

### Hoarhound Candy

Boil two ounces of dried hoarhound in a pint and a half of water for about half an hour. Strain and add three and a half pounds of brown sugar. Boil over a hot fire until sufficiently hard; then pour out into flat, well greased tins, and divide off into sticks or small squares with a knife as soon as cool enough to retain its shape.

### Wintergreen Candy

Use recipe for Hoarhound Candy, substituting Wintergreen.

### Cough Drops

Take two ounces of slippery elm bark and break it into small pieces, put it into a bowl, add two ounces of flaxseed, and pour over it a half pint of water; cover and put aside for one hour, stirring occasionally, then strain through a fine sieve. Put one and a half pounds of brown sugar into a granite saucepan; add this mucilaginous water, stir over the fire until the sugar is dissolved, then boil for five minutes; add two tablespoonfuls of lemon juice and boil till brittle when dropped in cold water. Pour in square, greased tins, and when partly cold cut into square lozenges.

### Almond Paste

Place a pound of blanched almonds in a bowl, cover with water, and let them stand three or four hours. Pour off all the water and pound the almonds in a mortar to a smooth paste, adding occasionally a few drops of rose water to prevent oiling. Now place in the kettle four cupfuls of granulated sugar and one of water, boil until the syrup will snap when tested. Remove from the fire, add the almond paste, and stir continually until cold. The paste may now be rolled into little balls and dipped in melted fondant, forming a delicious bon-bon, or it may be mixed with an equal quantity of plain fondant, tinted to suit the taste, and made up in a variety of ways.

### Divinity Candy

Boil two teacupfuls of granulated sugar dissolved in half a cupful of water, with half a cupful of corn syrup, until it will harden when dropped in cold water. Have ready the beaten whites of two eggs, and stir the candy into the eggs as in making icing. When all is in, beat hard until nearly cold, or until it begins to harden. Then drop in plates in desired quantities. Nuts may be added while beating, if desired.

# BARBECUES and BRUNS- WICK STEWS

## To Barbecue Pork and Beef

Dig a pit 14 inches deep. Put chunks of wood and make fire. When pit is hot take out blazing wood, leaving only embers. Lay 2x4 planks crosswise. Rod the meat and lay on planks meat side down. Do not let the meat get too hot at the start. Turn the meat every thirty minutes. At the third turning use salt to brown the meat. Ninety pounds of meat will require about six hours to cook.

Keep fire supplied with embers from another pit or from sticks of wood burning some distance from the meat.

This is enough baste for 100 pounds of meat.

## Sauce

$\frac{1}{2}$ gal. vinegar	$\frac{1}{4}$ lb each red and black pepper
$\frac{1}{4}$ lb salt	
	1 lb butter

Put the vinegar in a pot and add pepper, salt and butter. Boil the sauce, cut the meat and pour the sauce over it. If not salty enough add more salt.

Let the meat stay in the sauce an hour and a half before eating.

## To Barbecue Lamb or Other Meat

Prepare a pit 16 inches deep to fit the length and width of the carcasses. Build a fire in the pit from seasoned oak wood. Burn down to hot embers. Remove all wood, leaving only hot embers. Place fire near the pit and feed pit with hot embers.

First wash the meat thoroughly in very salty water. String the lamb with small iron rods run through both fore and hind quarters. Place over the fire. After the meat begins to heat mop with salty water once or twice. Baste with the following sauce, constantly turning the meat:

**Sauce**

1	qt. vinegar	1	lb butter
2	bottles Worcester sauce	6	lemons
	Tobasco sauce to suit taste	5	lb strong onions (chopped)

Boil the onions until they are almost dissolved. Add the vinegar, Worcester, butter, and Tobasco pepper sauce to taste. Slice the lemons and add to the mixture. Let come to boil. Keep constantly hot while basting the meat. Apply with a long handled mop with clean cotton cloth dipped in the baste. Spread every time the carcass is turned.

Do not let the meat burn, but brown well. When thoroughly cooked, chop the meat up with a cleaver, put it in a pan and pour the sauce over it, straining the sauce. Put the pan over the embers and keep hot, so that the sauce will steam up through the meat.

The fire should be rather slow, taking from six to eight hours to cook seventy-five pounds of meat. The longer the period of time the better the meat.

**Brunswick Stew**

One can of corn, one chicken (boiled and chopped fine), one red pepper, two onions, one can of tomatoes.

Cut onions and pepper fine, add chicken, tomatoes, corn, and boil in chicken stock until thick. Season, and serve hot.

**Brunswick Stew**

One pound of pork, cooked tender; 1 pound of veal, cooked tender; 1 can of succotash; 1 can of tomatoes; 1 stalk of celery; 1 large onion; 2 tablespoonfuls of vinegar; 1 pod of red pepper; 1 tablespoonful of sugar; 1 teacupful bread crumbs; 2 green peppers (if desired).

Chop the meat, celery, onions and peppers fine; add other ingredients except bread crumbs, using these to thicken when the stew is about done. Cook in a boiler until the vegetables are done. Serve hot.



**Brunswick Stew**

2	fat chickens	1	small clove of garlic
1	lb chopped smoked fat	1	bottle Worcester sauce
	meat (no lean)		Salt and Cayenne pepper to
3	squirrels or		taste
2	rabbits	1	bottle Chili sauce
4	lb onions	4	cans tomatoes
		2	cans corn

Turtle meat, when obtainable, makes a most excellent substitute for either rabbit or squirrel.

Prepare the chickens, add the fat meat, the squirrel, rabbit, or turtle, add the onions and the clove of garlic. Boil until the onions and pork dissolve and the other meats are cooked to shreds. Dip the meat and bones out with a coarse strainer. If the meat is not thoroughly shredded mash it in a crock with a potato masher. Put the meat back in the stock, discarding the bones. Add Worcestershire sauce, then add salt and pepper to taste. Add bottle of Chili sauce, and four cans of tomatoes. Boil well, constantly stirring to prevent scorching. When well boiled down add two cans of corn. Cook five minutes longer, and serve.

This makes approximately two and a half gallons of stew. The ingredients may be scaled according to your requirements. This recipe has a national reputation according to advices from a prominent Southern newspaper.

## MISCELLANEOUS

### Food for Very Delicate Babies—Drs. S. A. McCosh and Chas. Pinkney

This treatment has been found efficacious as food for delicate babies, when everything else has failed. In cases where all the prepared foods have been tried, with failure as a result, this has been used with wonderful success. For the sake of suffering babies, we give this prescription of the late Drs. McCosh and Pinkney, of Atlanta, Georgia:

#### Prepared Whey

Take a quart of fresh, rich, cow's milk, stir into it as much fresh pepsin (Fairchild's is best) as can be held easily on the point of a pocket knife, wet in a half teaspoonful of cold water. Put the milk over a lamp with a tiny point of the flame. Let it stand fifteen, twenty or thirty minutes until the milk is just blood warm, when it will form a firm clabber. Break the clabber, let it whey and then strain through a strong cloth. Press the curd gently until it begins to get hard and then squeeze as hard as possible to get out all the cream. Give the baby six or eight tablespoonfuls with a tablespoonful of lime water and a very little bit of loaf sugar. Give it just milk warm. The lime water can be left out if the mucus in the bowels is not very great, but if the bowels are much inflamed, two tablespoonfuls of lime water will not hurt, but be beneficial. (Of course the lime must be well washed). Whey is not heat producing, and if the child is much reduced, the limbs should be rubbed once a day with whiskey or brandy. After the whey seems not to satisfy for two hours, and the condition of the bowels is improved, the food (milk, gelatine and arrowroot), may be given cautiously.

#### Milk, Gelatine and Arrowroot Food

Three sheets of gelatine put into two cupfuls of water. While it is dissolving, mix two teaspoonfuls of arrowroot with a little cold water; pour two teacupfuls of milk (rich as possible) on the arrowroot and stir the milk and arrowroot into the boiling gelatinized water. Stir the mixture frequently until it just comes to a good boil. Remove immediately and add two lumps of cut sugar. By saying rich milk, I do not mean milk that the cream has risen on, but fresh milk from the cow. After several weeks the milk can be slightly increased, and the arrowroot decreased to one teaspoonful. By no means increase the arrowroot, as too much starch will be harmful. Should the sheet gelatine not be used, two teaspoonfuls of shaved gelatine can be used. This is sufficient food for a day for a baby under a year old.

**Excellent Remedy for Coughs**

One heaping tablespoonful of flax seed, boiled in two quarts of water until it thickens well, and there is one quart of tea; squeeze into this the juice of three lemons. Have powdered fine, five cents worth of rock candy and five cents worth of licorice; stir into the the tea and dissolve thoroughly. Strain, and keep in a pitcher. Take a wineglassful when a coughing spell comes on. This will not keep any length of time; make fresh whenever necessary.

**Hot Sweet Milk**

When thoroughly chilled, hungry or tired, drink a cupful of hot sweet milk, and you will feel like a new person. It is as stimulating as wine.

**Croup**

Vaseline given in doses of an eighth of a teaspoonful every few minutes, until relieved, is a sure remedy.

**For Acute Tonsilitis**

Mop the throat with a weak solution of caustic, gargling immediately with salt water; meanwhile rub outside with turpentine and vaseline, and then apply a brown paper, saturated with chloroform; hold to the throat until it burns intensely; remove until it cools, then if not relieved, apply again. Cover the paper with a cloth. This gives very quick relief.

**For Severe Cold**

At night, take a very hot foot bath, drink a tumbler of hot, strong lemonade—a lemon to a tumbler of water—and get immediately into bed. If the chest or throat is sore, rub with turpentine and bind around the throat, or place on the chest a flannel cloth, on which sprinkle two tablespoonfuls of turpentine, melt two teaspoonfuls of mutton suet and sprinkle one of camphor.

**To Cure Itching**

Dilute (the medicinal) hydrocyanic acid, and sugar of lead, each two ounces; alcohol, three ounces; distilled or soft water, one pint. Dissolve the lead acetate in the water, then add the acid, and shake well; then the alcohol. Wet cloths, and lay upon the itching part, or apply with the finger—as the case will allow—frequently. The acid is poison. This is claimed to be magical in its quick relief of any itching. Do not use on open sores, or where the skin is broken.

**For the Hands**

One ounce of glycerine, one ounce of lemon juice, and one-half to one drachm of borax.

**For Bed Bugs**

Crude carbolic acid, applied frequently, with a feather, to every infected part. Fine.



**Kerosene Emulsion**

The following is Prof. Riley's formula for kerosene emulsion, with particulars of manipulation by the same authority:

Kerosene—Two gallons, 67 per cent.

Common or whale oil soap—Half pound.

Water—One gallon, 33 per cent.

Heat the solution of soap, and add it boiling hot to the kerosene. Churn the mixture by means of a force pump and a spraying nozzle for five or ten minutes. The emulsion, if perfect, forms a cream which thickens on cooling, and should adhere without oiliness to the surface of glass. Dilute before using, one part of the emulsion with nine parts of water. The above formula gives three gallons of wash. No insecticide is equal to the kerosene emulsion against the plant lice. It is much more important to make the treatment thorough than it is to have a strong emulsion, a two per cent emulsion is as strong as ever need be used against plant lice if the application be thoroughly made. Much weaker emulsions have given good results.

**Remedy for Hemorrhoids**

A salve made of two parts of pure lard, or axle grease, and one part of turpentine. Apply freely. No strong cathartic should be used when suffering thus.

**A Physician's Remedy for Chafing**

Combined with an antiseptic and healing substance, such as boric acid, the newer treatment is to cleanse the irritated surfaces with tepid water, in which a small portion of the boric acid has been dissolved, and then dust them with a powder made after the following formula: Pure oxide of zinc, one-fourth of an ounce; pure silicate of magnesium (i. e., pure talc), one-eighth of an ounce; English precipitated chalk, five-eighths of an ounce. The chalk may be perfumed or not, according to fancy.

**Cure for Nose Bleed**

Several severe cases of nose bleed have occurred at the Hospital of the University of Pennsylvania, and after trying every expedient without success, Dr. D. D. Agnew, as a last resort, tried ham fat. Two large cylinders of bacon were forced well up in the nostrils, resulting in almost immediate relief, and an entire cessation of the hemorrhage.

**How to Pack Silver**

Place in an air-tight case, with a good-sized piece of camphor.

**To Cool a Room**

Place in it a shallow vessel of cold water, and in a short time the temperature will be perceptibly lowered.

In a case of fever, if a large tub of cold water is placed underneath the bed, the atmosphere will be purified and the patient greatly benefited.



### How to Relieve Night-Sweats

Sponge the body at night with very hot water. It is a great help also, toward toning up the skin to rub the body briskly in the morning with a bathing towel wrung out of salt water; the salt enters the pores and stimulates the blood to a healthy action.

Another remedy: Place a bowl of cold water under the bed.

### Cure for Baldness

A strong tea made from the bark of the dogwood tree, and applied once a day, is remarkably effective. It must be rubbed in well. Make the tea and bottle for use.

### Oatmeal Soap for the Complexion

Take a quarter of a pound of white castile soap and melt with a very gentle heat in sweet almond oil, one ounce; then remove from fire and stir in one and a half ounces of oatmeal; perfume slightly. This will keep the hands soft and white.

### To Keep the Hands From Chapping

One ounce of bay rum, two of glycerine and three drops of carbolic acid; mix, shake well and apply when the hands are washed, just before they are dried. This keeps the skin beautifully smooth and white all the time.

### Violet Water

Take same weight in fresh violets and alcohol; place in a large bottle, and cork tightly. Shake daily for ten days; then add a pint of rain water. Next strain and bottle.

### Cold Cream

Melt together a drachm of beeswax, an ounce of spermaceti, and two ounces of almond oil; then add a little green camphor. Pour while warm in small jars, and set away to cool.

### Essence of Violets

Produce three-quarters of a pound of Florentine orris root and an imperial pint of rectified spirits, and from these obtain by percolation a pint of essence. One of the simplest methods of percolation is as follows: Select a rather long, slender funnel, and arrange in it a sheet of filtering paper, upon which place the orris root, making sure the paper is sufficiently large to obviate any likelihood of the powder falling or being washed over the edge, and thus rendering the essence muddy. Insert the funnel in the mouth of a large bottle; pour spirits upon the orris root, and let the liquid percolate slowly into the bottle. This is excellent and an economical method, the essence thus obtained being considered by many druggists and by the majority of consumers the most satisfactory perfume sold.

**Antidote for Mushroom Poisoning**

The physician called upon to treat a case of toadstool poisoning need not wait to query after the variety eaten; he need not wish to see a sample. His first endeavor should be to ascertain the exact time elapsing between the eating of the toadstool and the first feeling of discomfort. If this time is within four or five hours, one of the minor poisons is at work, and rapid relief will be given by the administration of an emetic, followed by one or two moderate doses of sweet oil and whiskey in equal parts. Vinegar is effective as a substitute for oil. If from eight to twelve hours have elapsed, the physician may rest assured that amanitine is present, and should administer one-sixtieth grain of atropine at once. The atropine should be subcutaneously injected and the injection repeated every half hour until one-twentieth of a grain has been given, or the patient's life has been saved.

**Perfume for the Bath**

Mix together thoroughly an ounce of tincture of orris, an ounce of tincture of benzoin, ten drops of oil of neroli and ten drops of oil of lemon; and keep in a well corked bottle. When required for the bath, add a tablespoonful of the mixture to a pint of lukewarm water. It will turn the water white and will then emit its true perfume, whereas in the bottle its odor is anything but pleasant. After the bath with soap and water is completed, apply this scented wash all over the surface of the body by means of a soft cloth, and let it dry thoroughly. This addition to the bath will be found to impart not only a dainty sweetness to the person, but also a wonderful softness and smoothness to the skin.

# MENUS

## A WEEK TO EACH MONTH

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### FALL

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- BREAKFAST—Celery on toast, pork chops, corn meal muffins and coffee.
- DINNER—Bisque of lobster, baked sweetbreads, salted almonds, lady peas buttered, rice fritters, stewed corn, Graham bread, fruit gelatine (orange or California grape).
- SUPPER—Oyster stew, cheesed crackers, butter toast, coffee and fruit.
- BREAKFAST—Cracked wheat, corn meal batter cakes, fried oysters, biscuit and coffee.
- DINNER—Chicken soup, broiled birds, trout, deviled ham, Boston baked beans, stewed salsify, mustard salad, corn bread and salt pickle, omelet souffle, grape fruit.
- SUPPER—Toasted crackers, chicken salad, a Yankee dish and coffee.
- BREAKFAST—Broiled tenderloin, broiled hominy, flour muffins, toasted cheese and coffee.
- DINNER—Baked fish with drawn butter, creamed potatoes, celery, peach mangoes, bread, Delmonico pudding.
- SUPPER—Tongue toast, corn-meal battercakes, apple butter, biscuit and coffee.
- BREAKFAST—Fried pig feet, brains, waffles and coffee.
- DINNER—Salsify soup, roast opossum with potatoes, onion pickle, asparagus on toast, dumpling stew, celery, plum sauce, cranberry puffs and crystallized figs.
- SUPPER—Dainty sandwiches, rice muffins, corned beef, preserves and coffee.
- BREAKFAST—Broiled steak, hominy, potato balls, griddle cakes.
- DINNER—Baked shad with egg sauce, cold mutton, canned peas, mashed potatoes, egg bread, stewed apples, caramel cake and coffee.
- SUPPER—Light rolls, smother-broiled chickens, potato salad, grape gelatine and ginger wafers.
- BREAKFAST—Beef and potato balls, buttered toast and poached eggs, hot muffins, coffee.
- DINNER—Vegetable soup, pork roast and turnips, sugared potatoes, baked tomatoes and rice, light bread, lemon custard and grapes.
- SUPPER—Broiled ham, beaten biscuit, creamed salmon, milk toast, prune float with cream, and tea-cakes.
- BREAKFAST—Waffles, mutton chops broiled, fried apples, chocolate.
- DINNER—Roast beef with potatoes, plain boiled rice, macaroni and cheese, square biscuit and cocoanut pudding.
- SUPPER—Cold tongue, light muffins, salad and snowflakes.

## 372 THE NEW ANNIE DENNIS COOK BOOK

**BREAKFAST**—Sausage, rolls, Graham muffins, chicken omelet and coffee.

**DINNER**—Little pigs in blankets, tenderloin roast beef, baked potatoes, olives, brain croquettes with French toast (omitting sugar), mustard pickle, kiss pudding, and macaroons.

**SUPPER**—Cold roast with mayonnaise No. 2, cold beaten biscuit, sugared cherries and sweet milk.

**BREAKFAST**—Broiled chicken, plain omelet, waffles, egg bread and coffee.

**DINNER**—Corn soup, spare-rib roasted, salt codfish soufflé, fried egg plants, scalloped tomatoes, cold slaw, cold bread, orange fritters and cocoanut tarts.

**SUPPER**—Butter toast, cold spare-rib and blackberry shrub.

**BREAKFAST**—Oranges, lamb chops, fried hominy, waffles and coffee.

**DINNER**—Beef roast, duchess potatoes, celery salad, baked corn, haricot beans a la creme, crab-apple jelly and bread, hot cake with lemon sauce.

**SUPPER**—Chicken livers en brochette, cream puffs, cold roast, beaten biscuit, or Graham bread, canned pears and cream, little cakes and coffee.

**BREAKFAST**—California red grapes, baked hash, plain omelet, rolls and coffee, or chocolate.

**DINNER**—Deviled oysters, celery, chicken and tomatoes. French fried potatoes, baked macaroni, mustard cabbage pickle, bread, apple compote with fritters (No. 2), cheese.

**SUPPER**—Broiled ham, or birds, biscuit, corn-meal muffins, ripe tomatoes, sweet pickle and coffee.

**BREAKFAST**—Irish potato croquettes, broiled ham, corn-meal battercakes and coffee.

**DINNER**—Mock bisque, pork roast with sauce robert, egg salad, rolled bread and butter, Irish potatoes in jackets, onions boiled, corn bread, butter-milk pudding.

**SUPPER**—Oyster sandwiches, cold pork, cinnamon bread, bananas and cream, blackberry shrub or sweet milk.

**BREAKFAST**—Oatmeal, fried rabbit, fried sweet potatoes, rolls and coffee.

**DINNER**—Cream pea soup, grouse (or other birds) au cresson, celery on toast, fried macaroni, sweet potatoes sliced and baked, olives, rye bread, chocolate pudding.

**SUPPER**—Broiled steak, boiled hominy, flour muffins, egg bread, green tomato preserves and coffee.

**BREAKFAST**—Pineapple fritters with powdered sugar, smother-broiled birds, plain omelet, rolls and coffee.

**DINNER**—Chicken soup, fried smelts, potato scallops, spinach, cheese omelet, cinnamon bread (cold), olives, rice pudding with raisins.

**SUPPER**—Pressed chicken, plain wafers, toasted muffins, almond tarts, stewed prunes and sweet milk.



**BREAKFAST**—Oranges, creamed mackerel, egg bread, flour battercakes and coffee.

**DINNER**—Duchess soup, spiced or baked ham, boiled rice, stewed tomatoes or corn, young turnip salad, corn bread, green tomato pickle or sauce, lemon custards.

**SUPPER**—Mackerel salad, fresh crackers, hot rolls and coffee.

**BREAKFAST**—Ham omelet, flour muffins, potato stew, biscuits and coffee.

**DINNER**—Sweetbread pates, cold ham, cold slaw or mustard pickle, stewed salsify, creamed potatoes, bread and sweet potato pudding.

**SUPPER**—Egg bread, deviled ham, plain biscuits, coffee and fruit.

**BREAKFAST**—Broiled steak, French fried potatoes, flour waffles, corn-meal muffins and chocolate.

**DINNER**—Mock turtle soup, roast turkey with cranberry sauce, oyster salad, rolled bread and butter, with mustard filling, mushrooms or scalloped tomatoes, peas with cream, boiled rice, celery, fruit salad, plain cakes and macaroons.

**SUPPER**—Creamed dried beef, cold pork roast, flour muffins, egg bread, small cakes and coffee.

**BREAKFAST**—Ham or pork pie, milk toast, buckwheat cakes and honey, and chocolate.

**DINNER**—Tomato soup, baked shad, fillet of beef with tomatoes, potatoes stuffed and baked in jackets, artichoke pickle, bread, celery, mince pie, cheese and coffee.

**SUPPER**—Fish salad, plain wafers, egg bread, broiled steak, waffles and coffee.

**BREAKFAST**—Milk hash, potato croquettes, lye hominy, buckwheat cakes with butter and powdered sugar, biscuit, coffee or chocolate.

**DINNER**—White soup, crisped crackers, peppers stuffed with chicken salad, mutton roast with horseradish sauce, parsnips and carrots, Boston baked beans, corn fritters, peach mangoes, Graham or plain bread, cocoanut custard.

**SUPPER**—COLD roast broiled and buttered, flour muffins, Saratoga chips, egg bread and coffee, fruit or sweetmeats.

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## WINTER

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**BREAKFAST**—Soda biscuit, broiled beefsteak, hominy bread, peach preserves, sweet wafers and coffee.

**DINNER**—Baked chicken, duchess potatoes, boiled rice, square biscuit, celery, charlotte russe, and plain cake.

**SUPPER**—Beaten biscuit, egg salad, cream puffs, coffee.

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**BREAKFAST**—Grapes, chicken croquettes, flour muffins, chocolate and coffee.

**DINNER**—Baked ham, corn pudding, cold slaw, sweet potatoes baked in skins, corn bread and apple roll.

**SUPPER**—Boiled hominy, flour waffles, cold ham, tea or coffee.

**BREAKFAST**—Oat meal, brains, soda biscuit, buckwheat cakes, South Georgia syrup and coffee.

**SUPPER**—Plain wafers, flour muffins, honey, tea or coffee.

**BREAKFAST**—Oranges, broiled breakfast bacon, plain omelet, biscuit, buckwheat cakes, coffee.

**DINNER**—Chicken stew with baked dumplings, boiled rice, sweet potatoes baked, cold ham served with mayonnaise No. 2, macaroni, bread, peach pies.

**SUPPER**—Oyster stew, celery, crackers, and butter toast, coffee.

**BREAKFAST**—Dried beef broiled, buttermilk batter-cakes, fried sweet potatoes, biscuit and coffee.

**DINNER**—Mutton chops, grilled, cabbage boiled without meat, creamed Irish potatoes, green tomato pickle, corn bread, sweet potato pudding.

**SUPPER**—Tea rolls, boiled beefsteak, blackberry jam, coffee.

**BREAKFAST**—Grapes, fried oysters, beaten biscuit, buckwheat, coffee or chocolate.

**DINNER**—Baked shad, celery on toast, scalloped tomatoes, jellied chicken and cranberry sauce, cucumber pickles, fruit salad and lady fingers, coffee and cheese.

**SUPPER**—(Cold.) Beaten biscuit, egg salad, fig preserves, sweet wafers, sweet milk.

**BREAKFAST**—Oranges, toasted cheese, egg bread, buckwheat cakes and coffee.

**DINNER**—Turnip salad and corn dodgers cooked with jowl, lady peas, baked sweet potatoes, artichoke pickle, corn bread, apple dumpling with lemon sauce.

**SUPPER**—Corn meal battercakes, flour muffins, veal oysters, pear preserves and coffee.

**BREAKFAST**—Oatmeal, broiled mackerel, egg bread, biscuit and coffee.

**DINNER**—Spare-rib roasted, English peas and Irish potatoes with cream gravy, plum sauce, celery, light bread, pineapple fritters.

**SUPPER**—Mackerel salad, plain biscuit, cold oatmeal with sweet milk, coffee.

**BREAKFAST**—Grape fruit, broiled chicken, boiled hominy, buttermilk biscuit, coffee or chocolate.

**DINNER**—Creamed lake salmon, rice pilau on toast, potato scallops, olives and light bread, and omelet soufflé.

**SUPPER**—Cheesed crackers. Graham muffins, shrimp fritters, coffee and sweet milk.

## THE NEW ANNIE DENNIS COOK BOOK 375

**BREAKFAST**—Codfish balls, corn-meal battercakes, lye hominy, biscuits and coffee.

**DINNER**—Corn soup, chicken and tomatoes, celery, Irish potato chips, lobster salad, warm biscuit, sour pickle, white fruit cake No. 2, and cheese.

**SUPPER**—Cold souse, Welsh rarebit, plain biscuit, almond macaroons, coffee.

**BREAKFAST**—Pork sausage, egg bread, lye hominy fritters, breakfast rolls and coffee.

**DINNER**—Pork roast with sweet potatoes, haricot beans a la cream, stewed salsify, pickle, mustard dressing, corn bread, sponge cake with wine sauce.

**SUPPER**—Raw oysters, crackers, celery, cream puffs and coffee.

**BREAKFAST**—Pig feet fried, cornmeal batter-cakes, rusks, coffee.

**DINNER**—Pork roast with sweet potatoes, haricot beans a la creme, stewed salsify, asparagus on toast, mustard cabbage pickle, horseradish sauce, corn bread, buttermilk fritters, with butter sauce.

**SUPPER**—Cold roast broiled, toast, little hoe-cakes and butter, coffee or buttermilk.

**BREAKFAST**—California grapes, French omelet, brain croquettes, plain biscuits and chocolate.

**DINNER**—Beef prepared according to the French way, puree of mushrooms (use canned mushrooms if fresh cannot be gotten), peas, potato soufflé, olives, celery, light bread, almond charlotte russe, plain cake.

**SUPPER**—Pate de fois gras, plain wafers, flour muffins, ripe tomato sweet pickle, coffee or tea.

**BREAKFAST**—Liver pudding, waffles, boiled hominy, biscuit, coffee.

**DINNER**—Crabs stuffed in peppers, cauliflower, asparagus on toast, French fried potatoes, artichoke sweet pickle, salted almonds, fruit gelatine, marshmallow cake, coffee, cheese.

**SUPPER**—Cold bread, little hoe-cakes, cold ham deviled, preserves, coffee.

**BREAKFAST**—Lye hominy, pork tenderloin steak, buckwheat cakes, plain biscuit, coffee or chocolate.

**DINNER**—Beef soup, fried shrimps, with French fried potatoes, celery, stewed salsify, pepper pickle, light bread, prune pudding.

**SUPPER**—Curds with cream, French toast, cold ham, flour muffins.

**BREAKFAST**—Grape fruit, milk hash, waffles, soda biscuit, boiled hominy, coffee or chocolate.

**DINNER**—Baked opossum with sweet potatoes, ham pie, scalloped tomatoes, stewed corn, bread, cold slaw or mustard pickle, rice custard with raisins in it, coffee.

**SUPPER**—Cold beef (French), mayonnaise No. 2, cream puffs sally lunn, peach preserves, coffee.

**BREAKFAST**—Stewed birds with cream gravy, biscuit, corn-meal muffins, coffee or chocolate.

**DINNER**—Sweet-bread pates, potato croquettes, corn pudding, stewed tomatoes, square biscuit, watermelon rind sweet pickle, apple compote and fruit wafers (lemon).

**SUPPER**—Sardine salad, lye hominy fritters, waffles, or rolls and coffee.

## 376 THE NEW ANNIE DENNIS COOK BOOK

**BREAKFAST**—Grape fruit, fried perch, egg bread, lye hominy, buttermilk biscuit, coffee.

**DINNER**—Deviled oysters, celery, pork chops with sauce robert, cauliflower salad, bars of toast, creamed potatoes and peas, sour pickle, light bread, ambrosia, nut cake, coffee and cheese.

**SUPPER**—Broiled steak, boiled hominy, flour muffins, pineapple preserves, macaroons and coffee or tea.

**BREAKFAST**—Oranges, cutlets of calfs' brains, waffles, rolls and coffee.

**DINNER**—Clear soup with croutons, creamed lake salmon, bread, chicken salad, creamed potatoes, olives, mince pie, cheese.

**SUPPER**—Milk toast, chipped beef, flour muffins, canned cherries and sweet wafers, coffee.

**BREAKFAST**—Jolly boys, codfish balls, flour waffles, eggs stuffed and fried, coffee.

**DINNER**—Oyster pie, mutton chops with tomato sauce, sweet potatoes sliced and baked, celery, light bread, almond charlotte russes, lady fingers.

**SUPPER**—Cold souse with mayonnaise dressing, plain biscuit, strawberry jam, macaroons and coffee, or sweet milk.

**BREAKFAST**—Oranges, broiled spare-rib, corn-meal muffins, cheese toast, sweet potato biscuit and coffee.

**DINNER**—Corn soup, beefsteak and kidney pudding, potatoes baked in jackets, stewed tomatoes, artichoke pickle, crackling bread, syllabub, jam and white caramel cakes.

**SUPPER**—Chipped beef broiled, boiled hominy, soda biscuit, little hoe-cakes, coffee and cake.

**BREAKFAST**—Baked hash, scrambled eggs, cream puffs, fried hominy, biscuit and coffee.

**DINNER**—Pork roast with tomato sauce, lettuce salad, French fried potatoes, boiled rice, boiled onions (young), light bread, bananas and cream.

**SUPPER**—Cold roast, flour muffins, milk toast, corn meal battercakes, preserves and coffee.

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## SPRING

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**BREAKFAST**—Broiled chicken, plain omelet, rolls and coffee.

**DINNER**—Salsify soup, veal chops, turnip salad with corn-meal dumplings, green tomato pickle, radishes, sweet potatoes baked, fruit gelatine and nut cake.

**SUPPER**—Plain wafers, cold chicken, stewed prunes, cold rolls, coffee or sweet milk.

**BREAKFAST**—Grape fruit, broiled breakfast bacon, waffles, fried eggs, biscuit and coffee.

**DINNER**—Smother-broiled birds, scalloped tomatoes, potatoes with ham, sugared cherries, bread, canned peaches with whipped cream, macaroons.

**SUPPER**—Fried apples, oysters in crackers, corn-meal muffins and tea.



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**BREAKFAST**—Veal oysters, lye hominy, fried tripe, biscuit and coffee.

**DINNER**—Roast beef, boiled rice, corn pudding, macaroni with tomatoes, olives, celery and bread, queen pudding.

**SUPPER**—Cold beef broiled, flour muffins, fig preserves, coffee.

**BREAKFAST**—Little pigs in blankets, rice bread, rusks, coffee.

**DINNER**—Fried chicken, cream potatoes, rice fritters, mayonnaise, radishes, cold bread, chow-chow, apple sago.

**SUPPER**—Corn meal mush, plain biscuit, broiled beefsteak, coffee.

**BREAKFAST**—Broiled ham, corn meal muffins, soft-boiled eggs, buttermilk biscuit, coffee.

**DINNER**—Tomato soup, fried fish, lettuce salad, beef stew, Saratoga chips, olives, bread, sweet-potato pudding or custards.

**SUPPER**—Frog legs, deviled ham, toasted crackers, egg bread, blackberry jam.

**BREAKFAST**—Tenderloin steak broiled, corn meal muffins, flour waffles, plain omelet and coffee.

**DINNER**—Cream pea soup, chicken and tomatoes, potato croquettes, stewed salsify, young turnips, crackling bread, mustard cabbage pickle, baked apples.

**SUPPER**—Pineapple cheese sandwiches, shrimp salad, plain biscuit, and sweet milk.

**BREAKFAST**—Stewed birds, cream puffs, plain biscuit, hominy and coffee.

**DINNER**—Baked fish, potato souffle, Boston baked beans, a Spanish dish, radishes, peach sweet pickle, bread, orange fritters.

**SUPPER**—A Yankee dish, egg bread, love-knots, stewed apricots, coffee.

**BREAKFAST**—Brains, waffles, plain biscuit, cracked wheat, coffee.

**DINNER**—Back-bone stew, rutabaga turnips, grape jelly, sweet potatoes baked, macaroni and cheese, pickle, syrup custards.

**SUPPER**—Broiled birds, cream toast, plain biscuit (sweet milk) and coffee.

**BREAKFAST**—Fried apples, scalloped cheese, flour muffins, egg bread and coffee.

**DINNER**—Lobster farci, Irish potatoes baked in jackets, stewed salsify, lettuce salad, light bread, olives, pineapple or orange fritters.

**SUPPER**—Chipped beef broiled, Graham bread, batter-cakes, stewed prunes, sweet milk and coffee.

**BREAKFAST**—Pork sausage, breakfast rolls, lye hominy, waffles and coffee.

**DINNER**—Baked chicken, boiled rice, baked potatoes, scalloped tomatoes, apple jelly, sour pickle, light bread, and scalloped apples.

**SUPPER**—Broiled oysters, plain wafers, Graham muffins, biscuit and coffee.

**BREAKFAST**—Grape fruit, rice bread, fried shrimps, biscuit and coffee.

**DINNER**—Cream pea soup, fried chicken, English peas, mustard salad, roast beef, pepper sauce, corn bread, mustard pickle, fruit.

**SUPPER**—Sardine salad with lettuce, plain wafers, butter toast, stewed prunes, coffee.

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**BREAKFAST**—Broiled fish, hominy bread, French fried potatoes, waffles, coffee.

**DINNER**—Rissoles of chicken, English peas and young potatoes with milk or cream gravy, scalloped tomatoes, olives, bread, Delmonico pudding.

**SUPPER**—Pickle pig feet, plain biscuit cold, cheesed crackers, deviled eggs, coffee.

**BREAKFAST**—Broiled breakfast bacon, fried sweet potatoes, egg bread and coffee.

**DINNER**—Baked kid, sweet potatoes sliced and baked, spring turnips and salad, rice fritters, corn pudding, corn bread, tomato sauce, lemon custard.

**SUPPER**—Cold kid, chipped beef, light bread, sweet wafers, peach preserves and sweet milk.

**BREAKFAST**—Cracked wheat, fried chicken, corn meal batter cakes, biscuit and coffee.

**DINNER**—Baked shad with English peas, mutton roast, corn fritters, crab-apple jelly, spinach and toast, cucumber salt pickle, boiled apple dumpling.

**SUPPER**—Tongue salad, cold Graham bread, flour muffins and coffee.

**BREAKFAST**—Clabber, pork chops, breakfast rolls, baked omelet, coffee.

**DINNER**—Raw oysters, celery soup, spare-ribs roasted and acid jelly, stewed corn, young onions boiled and buttered, Graham bread, pepper pickle, almond pudding.

**SUPPER**—Broiled ham, boiled hominy, corn meal batter cakes, coffee or sweet milk.

**BREAKFAST**—Fried liver, hominy bread, French fried potatoes, waffles and coffee.

**DINNER**—Bean soup, fried smelts, egg sandwiches, rice croquettes, potato snow, celery, cup custards and almond cake.

**SUPPER**—Irish potato salad, broiled ham, corn meal muffins, boiled hominy, quince preserves, sweet milk.

**BREAKFAST**—Baked hash, potato stew, fried hominy, waffles, soft-boiled eggs, coffee.

**DINNER**—Cabbage pudding, beef roast, stewed tomatoes, early potatoes and English peas with milk, gravy, corn bread, sweet pickle, white sponge cake with chocolate.

**SUPPER**—Beef salad, plain biscuit, peach preserves, sweet milk.

**BREAKFAST**—Radishes, poached egg on toast, breakfast bacon, grits, corn meal battercakes, South Georgia syrup, coffee and sweet milk.

**DINNER**—Tomato soup, tenderloin steak with Irish potatoes French fried, sweet potatoes baked with sugar, chow-chow, buttermilk and corn bread, dried peach pie, lemon custard and coffee.

**SUPPER**—Corn meal mush with butter, beaten biscuit, corn beef with mayonnaise No. 2, watermelon rind preserves, tea, sweet milk, tea-cakes.

**BREAKFAST**—Broiled spare-rib, little hoe-cakes, hominy, cream puffs, coffee.

**DINNER**—Trout with fried potatoes, chicken pie, asparagus on toast, corn fritters, artichoke pickle, bread, apple float, nut-cake.

**SUPPER**—Flour muffins, broiled steak, coffee, pears with whipped cream and cake.

**BREAKFAST**—Johnny-cake, fried chicken, flour waffles, boiled hominy, coffee.

**DINNER**—Bean soup, scalloped salmon, roast beef, scalloped tomatoes, boiled onions and young potatoes or peas, bread, cranberry sauce, salt pickle.

**SUPPER**—Sally Lunn, broiled beef, toasted cheese, preserves and coffee.

**BREAKFAST**—Broiled mackerel, birds stewed with milk gravy, egg bread, plain biscuit, coffee.

**DINNER**—Chicken gumbo, chicken salad, pickled eggs, celery on toast, creamed potatoes, macaroni with cheese, strawberry short cake.

**SUPPER**—Mackerel salad, plain wafers, cold bread, almond macaroons, and chocolate.

**BREAKFAST**—Strawberries, broiled chicken, rolls, waffles, and coffee.

**DINNER**—Beef soup, fried sweet-breads, cauliflower, lamb roast, sweet potatoes sliced and baked, mustard pickle, green peas, bread, kiss pudding.

**SUPPER**—Oysters, corn meal muffins, blackberry jam.

**BREAKFAST**—Milk hash, beaten biscuit, plain omelet, coffee.

**DINNER**—Boiled ham, boiled rice, corn pudding, stewed tomatoes, bread, pepper pickle, baked custard.

**SUPPER**—Cold ham, flour muffins, corn meal batter cakes, cake and preserves, coffee.

**BREAKFAST**—Rolls, spare-ribs broiled, hominy, flour batter-cakes and coffee.

**DINNER**—Spring chicken dressed as terrapin, potato scallops, turnip salad, Georgia hoe-cake, sweet cabbage pickle, Graham bread, strawberries and cream, lady fingers.

**SUPPER**—Grated ham or ham salad, cream puffs, egg bread, cherry preserves.

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## SUMMER

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**BREAKFAST**—Cherries, rolls, fried chicken, corn meal batter-cakes, coffee.

**DINNER**—Vegetable soup, mutton chops with tomato sauce, beef stew, English peas, cold slaw, light bread, strawberries, sponge cake.

**SUPPER**—Graham muffins, tongue toast, plain biscuit, stewed prunes, coffee.

**BREAKFAST**—Squabs, smother-broiled, tomato omelet, buttermilk biscuit, coffee.

**DINNER**—Breaded spring chicken, fried rabbit, stewed squash, onions boiled in four waters, sliced tomatoes, rice pudding.

**SUPPER**—Flour muffins, broiled steak, fruit and coffee.

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**BREAKFAST**—Plums, rice bread, French fried potatoes, rabbit croquettes, biscuit, coffee.

**DINNER**—Baked fish with English peas, roast beef, lettuce or endive salad with mustard dressing, beets, Duchess potatoes, artichoke sweet pickle, corn bread, peaches and cream, sweet wafers.

**SUPPER**—Buttered toast, fish sandwiches, boiled hominy, biscuit, coffee.

**BREAKFAST**—Broiled beef, French omelet or scrambled eggs, waffles, fried tomatoes, egg bread and coffee.

**DINNER**—Asparagus soup with croutons, young chicken roasted, sliced tomatoes, English peas, boiled rice, cold bread, fruit salad, marshmallow cake, cheese.

**SUPPER**—Tomatoes stuffed with chicken salad, cheesed crackers, flour muffins, sugared cherries, iced tea and sweet milk.

**BREAKFAST**—Sally Lunn, lamb chops, eggs and coffee.

**DINNER**—Chicken stew with baked dumpling, baked ham, corn pudding, corn bread, salsify stewed, boiled rice, fruit, cake, and coffee.

**SUPPER**—Corn meal muffins, cold ham with mayonnaise, fresh crackers, coffee.

**BREAKFAST**—Cantaloupes, rice croquettes, steak fried with onions, butter-milk biscuit, coffee.

**DINNER**—Vegetable soup, ham pie, string beans, fried squash, corn bread, English peas, bread and pickle, cream meringue.

**SUPPER**—Tomato mayonnaise, toasted muffins, corn meal batter-cakes, tea.

**BREAKFAST**—Cantaloupes, iced; baked hash, flour muffins, boiled hominy, egg bread, coffee.

**DINNER**—Mutton roast with English peas, fried chicken, rice pilau on toast, bread, cabbage pickle, frozen strawberries, snow-flake crackers, coffee, cheese.

**SUPPER**—Cold mutton, plain wafers, huckleberries, cake and sweet milk.

**BREAKFAST**—Broiled beefsteak with cucumbers, fried tripe, hominy bread, waffles and coffee.

**DINNER**—Fried chicken a la creole, ham croquettes, butterbeans, okra, rice fritters, bread and pickle, blackberry pies.

**SUPPER**—Cream toast, plain omelet, biscuit, fruit and coffee.

**BREAKFAST**—Strawberries or cantaloupes, broiled breakfast bacon, fried eggs, egg bread, coffee.

**DINNER**—Corn soup, baked kid, lettuce salad, potatoes with milk gravy, broiled birds, cucumbers, butterbeans, light bread, fruit.

**SUPPER**—Cold kid, cinnamon bread, peaches and cream, lady fingers or chocolate drops.

**BREAKFAST**—Potato biscuit, French toast, veal oysters, coffee.

**DINNER**—Creamed lake salmon, beef salad, olives, cucumbers, baked tomatoes, boiled okra, cinnamon bread, watermelon ice.

**SUPPER**—Jellied veal, flour muffins, egg bread, pears and cream.



**BREAKFAST**—Parker House rolls, broiled chicken, corn meal battercakes, and coffee.

**DINNER**—Soup, chicken pie, butterbeans, okra, stewed corn, stuffed tomatoes, cucumbers, bread, salted almonds, citron custards.

**SUPPER**—Salmi of chicken, cheese straws, sliced tomatoes, berries and cream, iced tea.

**BREAKFAST**—Curds with cream, flour muffins, beefsteak broiled with cucumbers, egg bread, coffee.

**DINNER**—Cabbage boiled without meat and buttered, corn pudding, okra and tomatoes, corn bread, roast beef, pepper sauce, laplands.

**SUPPER**—Salmagundi, plain biscuit, corn meal muffins, fruit and coffee.

**BREAKFAST**—Raspberries, brain cutlets, flour muffins, rice bread, coffee.

**DINNER**—Liver pudding, boiled rice, baked chicken, butterbeans, fried egg plant, stewed salsify, carrots and parsnips, beets, square biscuit, ice cream, macaroons, and plain wafers.

**SUPPER**—Cold chicken, tomato mayonnaise, cold bread, iced tea.

**BREAKFAST**—Watermelon, sweetbreads fried, potato stew, waffles, biscuit, coffee.

**DINNER**—Chicken with tomatoes, sweetbread pates, asparagus on toast, sliced cucumbers, corn fritters, cold bread, chocolate moss, soft peaches, premium white cake, coffee.

**SUPPER**—Milk toast, chipped beef tongue, cream puffs, coffee and fruit.

**BREAKFAST**—Mutton cutlets with mushrooms, corn meal wafers, tomato omelet, plain biscuit, coffee.

**DINNER**—Beefsteak and kidney pudding, egg plant fried in batter, pressed chicken, square biscuit, butterbeans, stewed corn, scuppernong jelly, figs and cream.

**SUPPER**—Devilled eggs, sardine salad, cold biscuit, iced tea.

**BREAKFAST**—Sliced tomatoes, broiled liver, brains, waffles, biscuit, coffee.

**DINNER**—Mock turtle soup, fillet of beef with tomatoes, fried egg plant, boiled corn, cold slaw, pickle, light bread, ice cream, peach cake, and almond cake.

**SUPPER**—Cold beef, pepper sauce, tea rolls, fruit and coffee.

**BREAKFAST**—Scuppernongs, escalloped eggs, butter toast, little hoe cakes, boiled hominy, coffee and sweet milk.

**DINNER**—Apple soup with croutons, boiled and creamed perch, Worcester sauce, Saratoga chips, cauliflower, beets, cucumbers, butterbeans, bread, watermelon.

**SUPPER**—Graham toast, broiled chicken, flour batter-cakes, sweet milk.

**BREAKFAST**—Fried potatoes, chicken hash, waffles, corn muffins, coffee.

**DINNER**—Bee<sup>e</sup> a la mode, salmagundi, French fried ham, stewed squash, butterbeans, beets, egg plant, creamed potatoes, corn bread, fritters and fruit syrup.

**SUPPER**—Beefsteak broiled with cucumbers, tea rusks, sugared fruits, iced tea.

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BREAKFAST—Fried ham and eggs, corn meal muffins, Irish potato stew, biscuit and coffee.

DINNER—Mock oyster soup, baked chickens stuffed with Irish potato dressing, butterbeans, stewed tomatoes, egg plant, cucumbers, bread, mustard pickle.

SUPPER—Irish potato salad, beaten biscuit, French toast, fruit, coffee.

BREAKFAST—Spanish mackerel broiled, Parker House rolls, broiled ham, corn meal batter-cakes, coffee.

DINNER—Chicken gumbo, mutton roast, salsify, salmon croquettes, fresh celery, boiled onions, cinnamon bread, mustard pickles, ice cream, fruit and cake.

SUPPER—Tomatoes stuffed with chicken salad, Sally Lunn, nonedescrpts, coffee.

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### CHRISTMAS DINNER

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Clear tomato soup

Squares of toast

Turkey and cranberries

Oysters fried

Cheese souffles

Celery

Pate de foi gras

Rice

Potato fingers

Gravy

Worcester sauce

Salted almonds

White fruit cake

Ambrosia

Currant cake

Cheese

Fruit

Coffee

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### SUMMER FIVE-O'CLOCK TEA

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Lobster salad, chicken sandwiches, rolled bread and butter, strawberries or peaches, vanilla ice cream, fancy cakes, coffee, iced tea and bon-bons.

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### ORDINARY FIVE-O'CLOCK TEA

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Thin bread and butter, one kind of cake and tea. A sandwich filling spread between the bread would be nice to use occasionally.

## FOUR LUNCHEONS

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### FALL

	Oysters on half-shell	
	Consomme	
	Cutlets of calf brains	
Celery	Salted Almonds	Butter Beans
	Peppers stuffed with crabs	
	Banana ice cream	
Fancy cakes		Bon-bons
Grapes		Coffee

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### WINTER

	Mock bisque	
Creamed lake salmon		Sweetbread pates
Asparagus		White sauce
	Broiled chicken	
	Lettuce salad	
Orange cup		Cake

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### SPRING

	Creamed oysters	
	Spring lamb (or kid) chops	
Fresh green peas	Jelly	Rice croquettes
Tomato salad	Mayonnaise dressing	Cheese straws
	Fruit salad	
Nut cake	Coffee	Cream meringues

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### SUMMER

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	Clam broth in cups	
	Veal oysters	
Creamed salsify		Potato scallops
	Pressed chicken	
Cheesed Crackers		Olives
	Salmagundi	
Ice cream		Peaches and cream
Fruit wafers		Coffee

## TABLE OF WEIGHTS AND MEASURES

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- 1 quart sifted Flour (well heaped), weighs 1 pound.
- 3 coffeecups sifted Flour (level), weigh 1 pound.
- 4 teacups sifted Flour (level), weigh 1 pound.
- 1 quart unsifted Flour weighs 1 pound 1 ounce.
- 1 quart sifted Corn Meal weighs 1 pound 4 ounces.
- 2¾ coffeecups Corn Meal (level), equal 1 quart.
- 3½ teacups Corn Meal (level) equal 1 quart.
- 1 pint soft butter (well packed), weighs 1 pound .
- 2 teacups soft Butter (well packed), weigh 1 pound.
- 1 1-3 pints powdered Sugar weigh 1 pound.
- 2 coffeecups powdered Sugar (level), weigh 1 pound.
- 1 pint granulated Sugar (heaped), weighs 1 pound.
- 2 teacups granulated Sugar (level), weigh 1 pound.
- 1 pint coffee "A" Sugar weighs 12 ounces.
- 1¾ teacups best brown Sugar (level), weigh 1 pound.
- 2½ teacups best brown Sugar (level), weigh 1 pound.
- 1 tablespoon (well heaped), granulated, coffee, "A" or best brown Sugar, 1 ounce.
- 2 tablespoons (well rounded), of powdered Sugar or Flour weigh 1 ounce.
- 1 tablespoon (well rounded), of soft butter, weighs 1 ounce.

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## MISCELLANEOUS

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- Soft Butter the size of an egg weighs 2 ounces.
- 7 tablespoons granulated Sugar (heaping), equal 1 teacup.
- 5 tablespoons sifted Flour r Meal (heaping), equal 1 teacup.
- 2 tablespoons Butter (well heaped), equal 1 teacup.
- 3 tablespoons Sweet Chocolate, grated, weigh 1 ounce.
- 2 teaspoons (heaping), of Flour, Sugar or Meal, equal 1 heaping tablespoon.

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## LIQUIDS

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- 1 pint contains 16 fluid ounces—4 gills.
- 1 ounce contains 8 fluid drams—¼ gill.
- 1 tablespoon contains about ½ fluid ounce.
- 1 teaspoon contains about 1 fluid dram.
- 4 teaspoons equal 1 tablespoon, or ¼ fluid ounce.
- 16 tablespoons equal ½ pint.
- 1 wine-glassful (common size), equal 4 tablespoons, or 2 fluid ounces.
- 1 teacupful equal 8 fluid ounces, or 2 gills.
- 4 teacupfuls equal 1 quart.
- A common size tumbler holds about ½ pint.



## AVOIRDUPOIS WEIGHT

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16 drams (dr.) make 1 ounce (oz.)  
 16 ounces make 1 pound (lb.)  
 25 pounds make 1 quarter (qr.)  
 4 quarters make 100-weight (cwt.)  
 20 hundred-weight make 1 ton (T.)

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## LIQUID MEASURE

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4 gills (gi.) make 1 pint (pt.)  
 2 pints make 1 quart (qt.)  
 4 quarts make 1 gallon (gal.)

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## WEIGHTS OF ARTICLES

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	Pounds		Pounds
Tea, chest .....	60-84	Fish, quintal .....	112
Soap, box .....	75	Fish, barrel .....	200
Soap, barrel .....	256	Peaches, dried, bushel .....	33
Sugar, barrel .....	200-250	Butter, tub .....	84
Salt, bushel .....	70	Butter, firkin .....	56
Salt, barrel .....	3½ bushels	Beans, bushel .....	60
Molasses, hhd. ....	130-150 gals.	Pork, barrel .....	200
Honey, gallon .....	12	Beef, firkin .....	100
Flour, barrel, net, .....	196	Apples, dried, bushel .....	26



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